



## Healthy Foundations Free General Health Assessment

Iron Workers Tri-State Welfare Fund in coordination with MCM Solutions For Better Health is pleased to inform you about this benefit offered, the HRA/Health Risk Assessment portal for its' members. It is easy to use. Please do not miss the opportunity to use this wonderful benefit. If you have not already used this service, you will need to register as a new user on the MCM website.

Please follow these simple directions:

- Complete an Online Health Assessment
- Go to [www.medicalcost.com](http://www.medicalcost.com) and select "Health Risk Assessment- Log In"
- From the "User Registration" page add a new user as follows:
- Registration Number: 2557729
- Full Name: Fill in your full name
- Email: Fill in your personal email
- User ID: Create your own unique User ID - 6-12 characters, no spaces
- Password: Create your unique password - 6-12 characters and confirm it
- Click Submit and you will be at the HRA & Calculator home page
- Select "General Health Assessment" from the Assessments section of the Home page
- Complete the information

The General Health Assessment combines health and well-being and has great instant feedback. Everyone completing an assessment that includes an email address will have a personal "Assessment Page" set up where they can review prior assessments and go to educational links. After completing the Assessment, you will receive a "congratulations" email and a link for your assessments page.

Please Note - When you log in again, simply select the "Already a member" login area and you only need to enter your User ID and Password.

**Call MCM today if you have any questions or need assistance:**

**1-800-367-9938**