Welcome to the Key Care Guide Assessment walk through. This document outlines 6 easy steps to complete your assessment, understand your risks and learn more about ways to improve your health.
Click on Assessment in the My Care Guide section:

My EZ Health Guide*

General Benefit Information
With all your health benefits information in one place, you’ll never need a file cabinet again. Whether searching for providers in your network or checking on the progress of a claim, this handy section ensures that you have the forms and information you need to manage your coverage efficiently and effectively.

RealTimeSolutions
Welcome to your RealTimeSolutions homepage. From here you can launch into “Real Time” programs and services that are being provided to you by your employer. Our products are easy to use and designed to help you manage your healthcare needs.

My Care Guide
An informative and customizable section dedicated to the health and wellness information that interests you. My Care Guide provides easy-to-use assessment tools, fitness logs, and topic-specific medical information. From assessing nutritional needs to calculating your heart rate, My Care Guide is all about helping you define your health risks and reach your health goals.

*tabs will vary by employer plan
Begin your Health Assessment. This should take about 10-15 minutes:

Get Started
Complete your health assessment and start using the tools you need to help you get to better health.

Select this button to begin the assessment

Health Assessment
Start off with a short health survey to get the big picture

Health Minder
Our advice helps you make the right choices for your health

Health Record
Manage your own health information in one convenient place

A BETTER HEALTHIER YOU!
3) Complete your Health Assessment. This takes you to your personalized dashboard:

You’re almost there. Just click the “Complete HRA” button to see your dashboard.

What’s next
Get a snapshot of your health and get going on the road to better health!

You can also...
- Learn about your health risks and how to reduce them with the Health Minder
- Complete your health record and keep it current in one convenient place
Your Dashboard – Health Risks, Recommendations, Care Plan, and Health Awareness Programs:

Check all your Health Risks and how you can improve them

Check all your recommendations and begin taking action

Print your Care Plan

Begin your 1st Health Awareness Program
Printed Care Plan:

This generates your personalized Care Plan, which is a multi-page PDF giving you a comprehensive overview of your health status, including:

- Readiness to make changes to lifestyle habits
- Recommendation Risks
- Disease Risks
- Screenings/Values
- Family History
- Medications
- Allergies, etc.

You can review this document any time in your dashboard.
Update your Risk Assessment and Health Record when changes occur: