



ONLINE USER MANUAL

Logging In – First Time Here?

Logging In:

www.myhealthytracks.com

- **Hometown Health Members:** You will log on using your Hometown Health member number located on your insurance card. Select Employee Member from the drop down list. Follow the steps to create your own User Name and Password.



Hometown Health is proud to offer the Healthy Tracks program. Our goal is to deliver comprehensive health and wellness information in a format that is meaningful and easy for you to use. The content on this site is for informational purposes only. This content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician. Never disregard professional medical advice or delay in seeking it because of something you have read on this site. Click [here](#) to read a copy of the Hometown Health privacy policy. This site is powered by Alere, click [here](#) to read our privacy policy.

Please note that www.myhealthytracks.com is available only to members whose employer participates in the Healthy Tracks program. To find out if your employer participates in the Healthy Tracks program, or if you are interested in having your employer offer Healthy Tracks, contact your employer's benefit administrator or call 775-962-6555.

Need Technical Assistance? Call 877-743-9994

2) Validation Page: Enter In

- Gender
- Birthdate
- Member ID or Alternate ID (same as login page)
- Select Next

First Time Here?

Hometown Health Members: The first time you will log on using your Hometown Health member number located on your insurance card. Follow the steps to create your own user name and password.

Non Hometown Health Members: The first time you will log on using an alternate ID. The Alternate ID = last 4 digits of employee ID + 8 digit date of birth (mm/dd/yyyy) + gender (M or F). Example: 1234567890M.

Member ID/Alt. ID:

Affiliation:

[Enter Site](#)

Already Have a Profile?

If you have already created a Personal Profile on myhealthytracks.com, simply enter your Username and Password here:

Username:

Password:

[Forgot your password?](#)

[Click here](#)

[Login](#)

Need Technical Assistance? Call 877-743-9994

3) Profile Set Up Page: Complete

- Username
- Select Password
- Confirm Password
- Email Address (not required but recommended)
- Phone Number



My Profile

A personal profile is needed for you to begin using the interactive features of the system. Once you have created a profile, you will have full access to all of the interactive features of the system.

[Already have a profile? Click here.](#)

Address 1:

Address 2:

City:

State:

Postal Code:

Phone:

Member ID/Alt. ID:

Password Question:

Password Question Answer:

Password Question Hint

If you forget your password, we'll ask you for the answer to your password question, your email address, your birth date, and your postal code. We'll use your answers to these questions to verify your identity before we allow you to choose a new password.

Terms of Use

Privacy Policy for Alere

Alere Health Improvement Company and its affiliated companies (collectively, "Alere" or "we") are committed to being your most trusted source for content, products, and services related to wellness and personal growth through our Web site.

☐ I Agree to the Terms of Use

[Submit](#)

- Select Password Question
- Enter Password Question Answer
- Enter Password Question Answer Hint
- Read and Agree with Terms of Use
- Select Submit

Logging In: Existing Users

- 1) Enter in previously created Username and Password
- 2) Select “Enter Site”



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Need Technical Assistance? Call 877-739-9884

First Time Here?

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Non Hometown Health Members: The first time you will log on using an Alaris ID. The Alaris ID is last 4 digits of employee ID# + 3 digit date of birth (mm/dd/yyyy) + gender (M or F).
Example: 1234567891011, M

Member ID/Alis ID:

Affiliation:

[Enter Site](#)

Already Have a Profile?

(If you have already created a Personal Profile on [myhealthtracks.com](#), simply enter your Username and Password here)

Username:

Password:

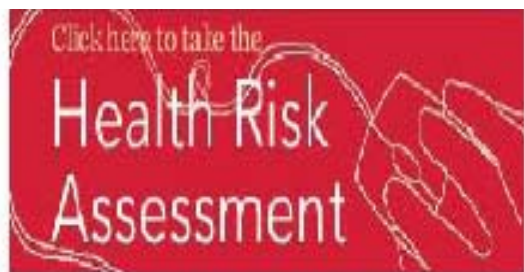
Forgot your password? [Click here](#)

[Log In](#)

Need Technical Assistance? Call 877-739-9884

Accessing the Health Assessment

- 1) The Health Assessment can be taken by clicking on the red Health Risk Assessment graphic on the homepage.



- 2) Read through the content on the “Health Risk Assessment Welcome!” Page and select “Start my Health Risk Assessment”

GET RESULTS

HOME SEARCH TAGS HELP LOG OUT

Hi [Name], Welcome! 9/13/2018

PROGRAM INFORMATION

- My Personal Profile
- Health Risk Assessment
- Wellness Credits
- Healthy Living Program
- Hometown Health Benefits
- Health Management Services
- Hometown Health Resources
- Genetic Programs Overview

WELLNESS TOOLS

- Medical Resources
- Food and Nutrition
- Exercise and Sport
- Personal and Family Health
- Healthy Tools
- University Health
- Wellness Center

MY TOTAL

TOTAL

Health Risk Assessment Welcome!

The cornerstone of the wellness program is the Health Risk Assessment (HRA). This assessment consists of questions about your health status, family medical history and personal health habits. It also includes your biometric values that will help you better understand your personal health. After you complete the assessment, including the biometrics, you'll receive a confidential action plan outlining your health risk factors, and recommendations for healthy living programs will be provided to improve your health.

3) Click on the underlined paragraph under New Assessment Ready to Be Taken.

4) Users can choose English or Spanish under the Choose Language feature on the Welcome page.

assessment.

Claiming Screening Activities

1) Once logged into the homepage, select “Wellness Credits” from the left navigation links

2) Once on the Well Credits page, scroll to the bottom and select the green arrow associated with the activity you want to complete

NOTE: Users will need to following to complete the HRA:

- Biometrics Results – This includes glucose, total cholesterol, HDL, LDL, triglycerides, blood pressure, height and weight.
- Tape Measure – This will be needed to take some body measurements during the

PROGRAM INFORMATION


My Personal Profile
Health Risk Assessment
Wellness Credits
Healthy Living Programs
Hometown Health Benefits
Health Management Services
Hometown Health Discounts
Generic Program Overview

WELLNESS TOOLS

Medical Resources
Food and Nutrition
Fitness and Sport
Personal and Family Health
Health Tools
Conversations
Multimedia Center

ACTIVITIES TO COMPLETE				HIDE
	Go to Item	Available Until	Credit Value	
Health Risk Assessment (Evaluación de salud)		6/30/2011	6	
Biometric Screening (Evaluación Biométrica)		6/30/2011	5	
Colorectal Screening (Evaluación Colorectal)		6/30/2011	3	
Pap Smear Exam (Papanicolaou)		6/30/2011	3	
Mammogram (Mamografía)		6/30/2011	3	
Prostate Exam (Examen de la Próstata)		6/30/2011	3	
Flu Shot/Preventive Immunization		6/30/2011	3	
Primary Care Physician-Mantener un Médico Familiar		6/30/2011	3	
Fitness Reclaim (Reclaim de				

- 3) After Selecting the green arrow associated with the activity, complete the required fields within the affidavit and select “Finish”



INSTRUCTIONS

Hometown Health will offer local onsite seminars that are available for Wellness Credits. Simply complete the form below to receive your Credits.

Instrucciones
Hometown Health ofrece seminarios locales en el portal Web que están disponibles para créditos de Bienestar. Sólo tiene que completar los espacios requeridos a continuación y presentar para el crédito.

▶ **Date of Onsite Wellness Seminar:(Fecha de Seminario de Bienestar)** / / mm/dd/yyyy

▶ **Onsite Seminar title:(Titulo del Seminario)**

▶ **Please briefly describe what you learned from the seminar:(Por favor, describa brevemente lo que aprendió en el seminario)**

▶ **Do you verify this information to be accurate and true?(¿Usted verifica que esta información es exacta y verdadera?)** Yes ☐ No ☐