Accessing your Health Assessment Via the MyActiveHealth App

COVA HealthAware

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Downloading the MyActiveHealth App

Look for this icon in the app stores > > > active

Download on the **App Store**

https://apps.apple.com/us/app/myactivehealth-wellness/id6502790784

GET IT ON **Google Play**

https://play.google.com/store/apps/details?id=com.myactivehealth.wellbeing

Logging in

Tap on **Register/Sign In**

Logging in

Enter your **mobile phone number** and tap **Continue**.

A verification code will be sent to the number you enter

ActiveHealth MANAGEMENT.

Healthy habits begin here

Country Code

United States, US, +1

Mobile Phone Number

Continue

Enter the **verification code** that was sent to the number you provided and tap **Continue**.

ActiveHealth MANAGEMENT.

Healthy habits begin here

Mobile Phone Number

(563) 350-0000

Verification Code

Continue

Didn't receive a code? Resend

Accessing your health assessment: First time acess

If this is the first time you are accessing your ActiveHealth mobile account, you will be required to enter some additional registration information and accept the Terms and Conditions.

Accessing your health assessment: First time acess

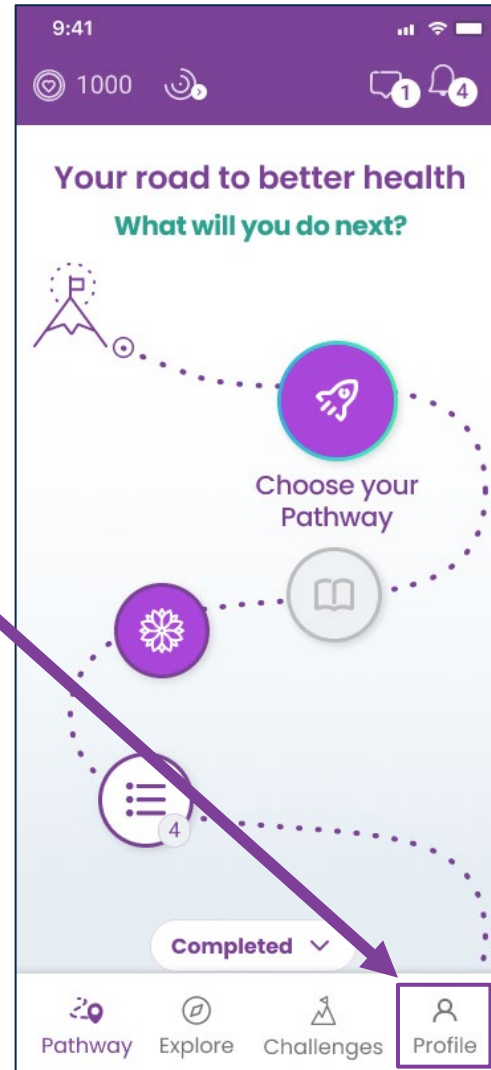After completing the initial pages of tutorials/prompts, you will see this page.

Tap on the **Update my Health Assessment** button to take your health assessment.
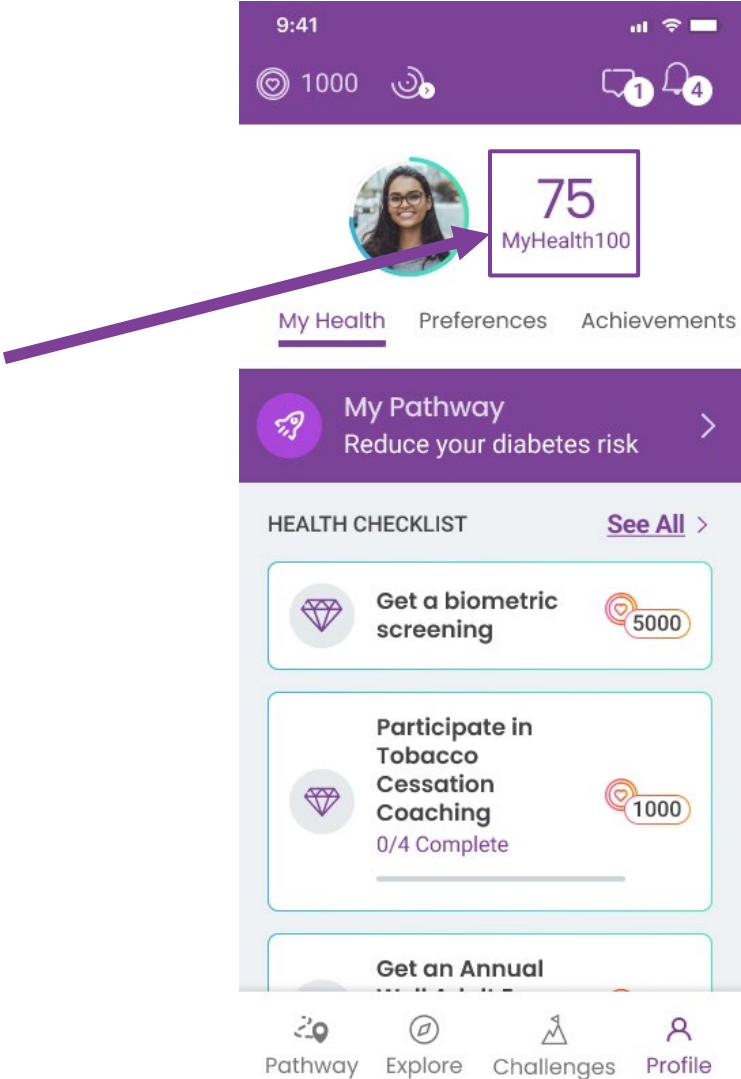
Accessing your health assessment

Tap on the **Profile** tab.

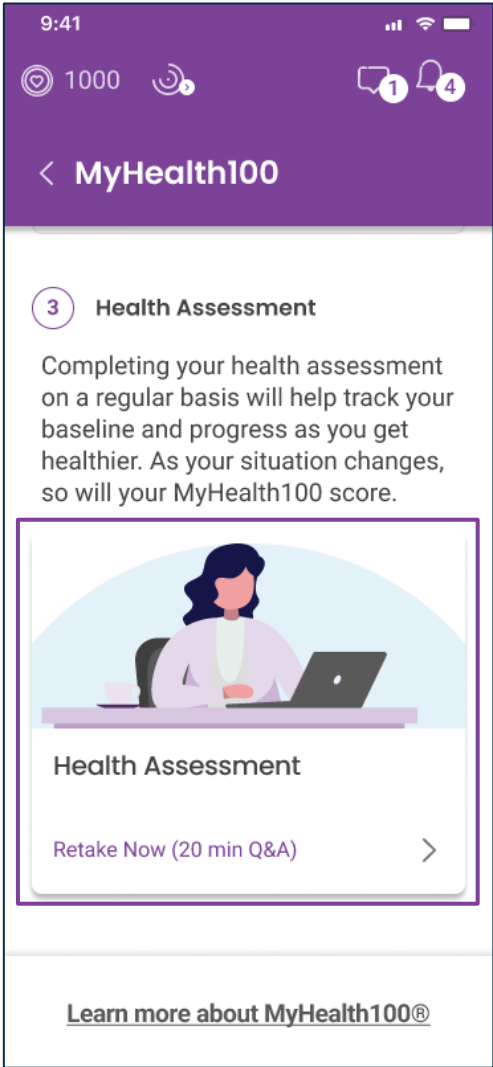# Accessing your health assessment

Tap on your **MyHealth100** score.
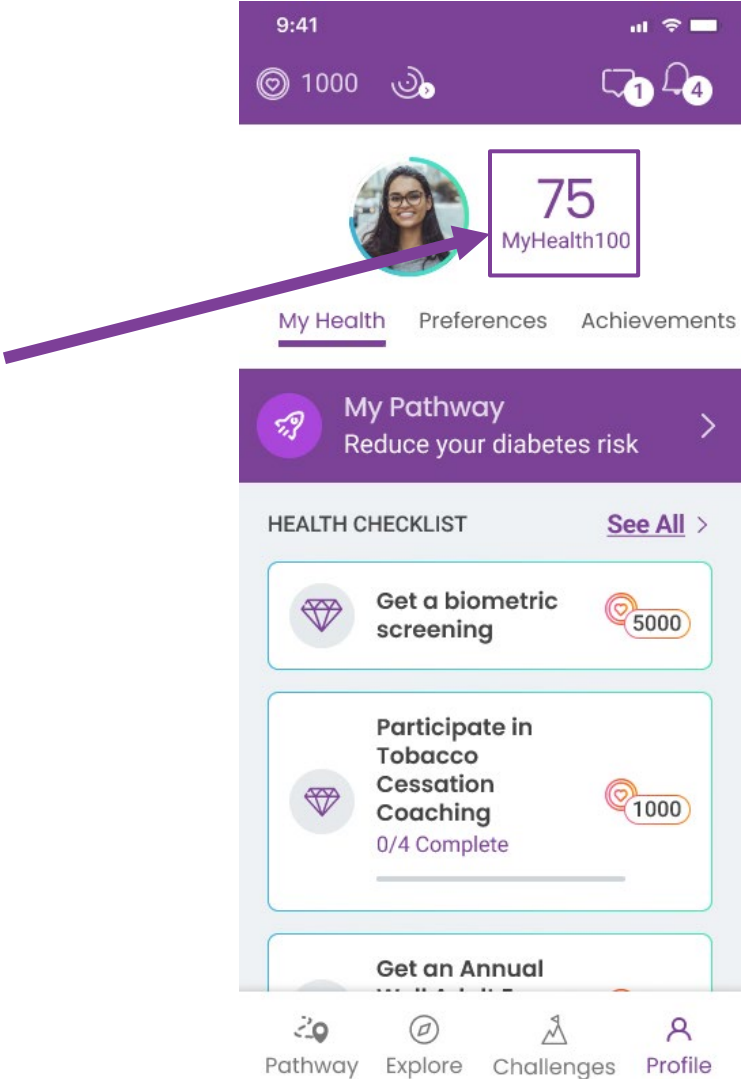
Accessing your health assessment

Scroll down the page until you see the Health Assessment section.

Tap the **Health Assessment** button.

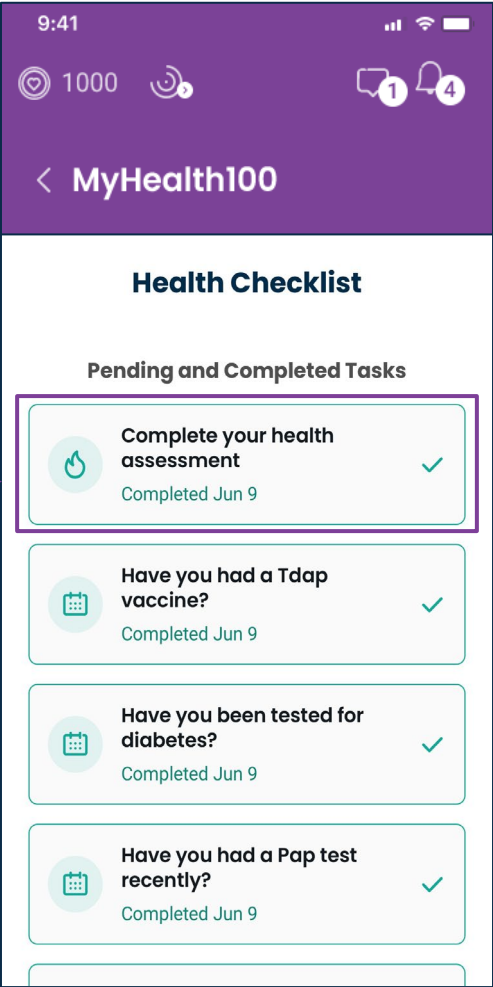# Viewing your last date of completion

Tap on your **MyHealth100** score.

Viewing your last date of completion

Scroll down the page until you see the **Health Checklist** section for **Pending and Completed Tasks**.

Your last date of completion for your health assessment will appear in this list.
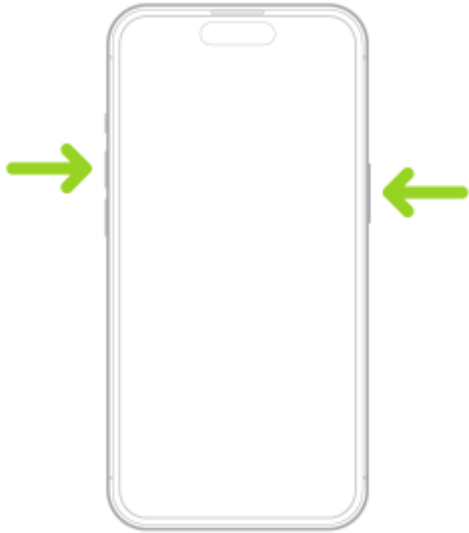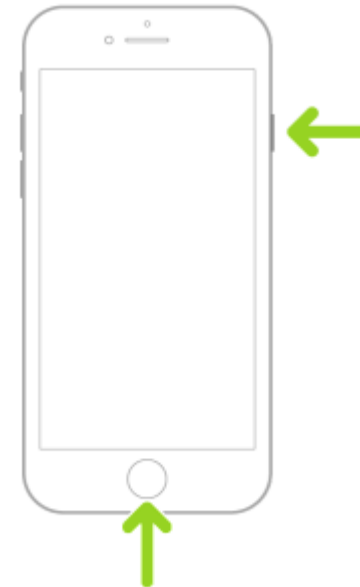
Taking a screenshot on an iPhone

iPhones with Face ID

Quickly press and release the **side/lock button** and the **volume up button** at the same time.

iPhones with Touch ID

Quickly press and release the **home button** and the **volume up button** at the same time.

Screenshots are automatically saved to your photo library in the Photos app.

Taking a screenshot on most Android devices

- Depending on your mobile device:

  - Quickly press and release the **power button** and the **volume down** button at the same time.

  - If that does not work, press and hold the **power button** for a few seconds. Then tap **Screenshot**.

  - If neither of these work, please refer to your phone manufacturer's support site for assistance.

 Screenshots are automatically saved to your photo library.