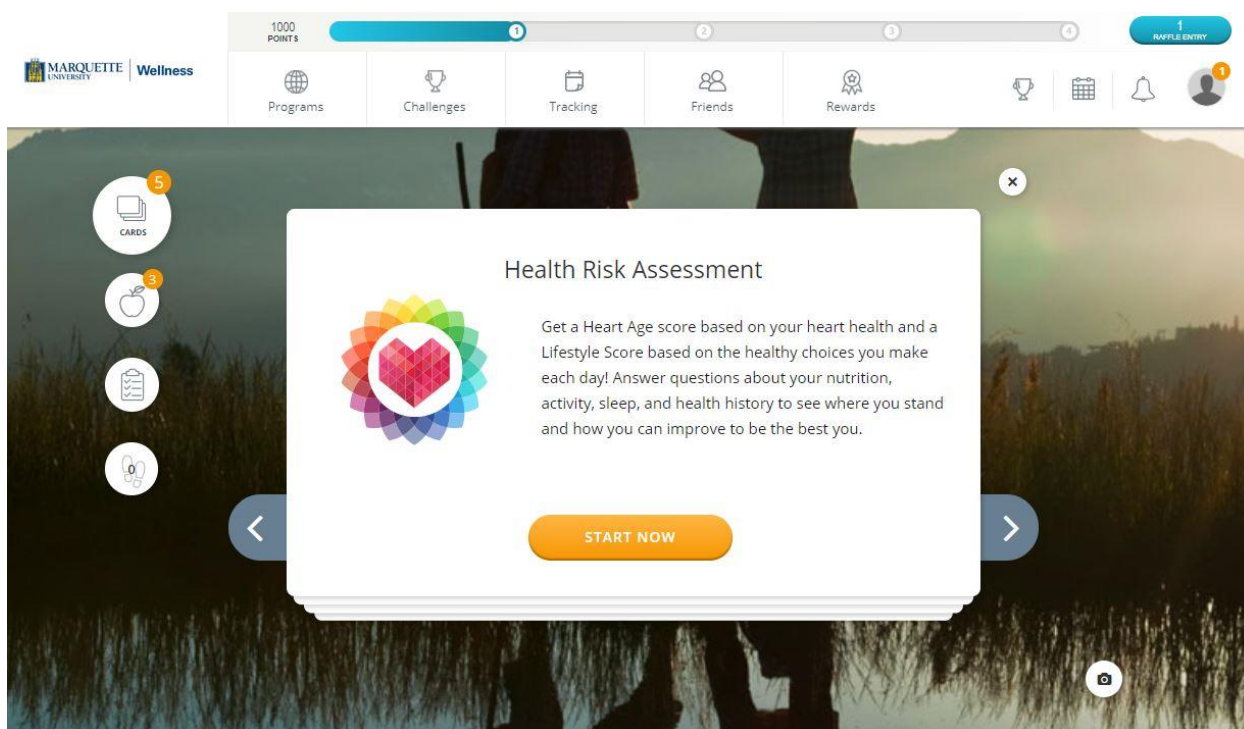


## How to Take the Online Health Risk Assessment (HRA) Through Virgin Pulse

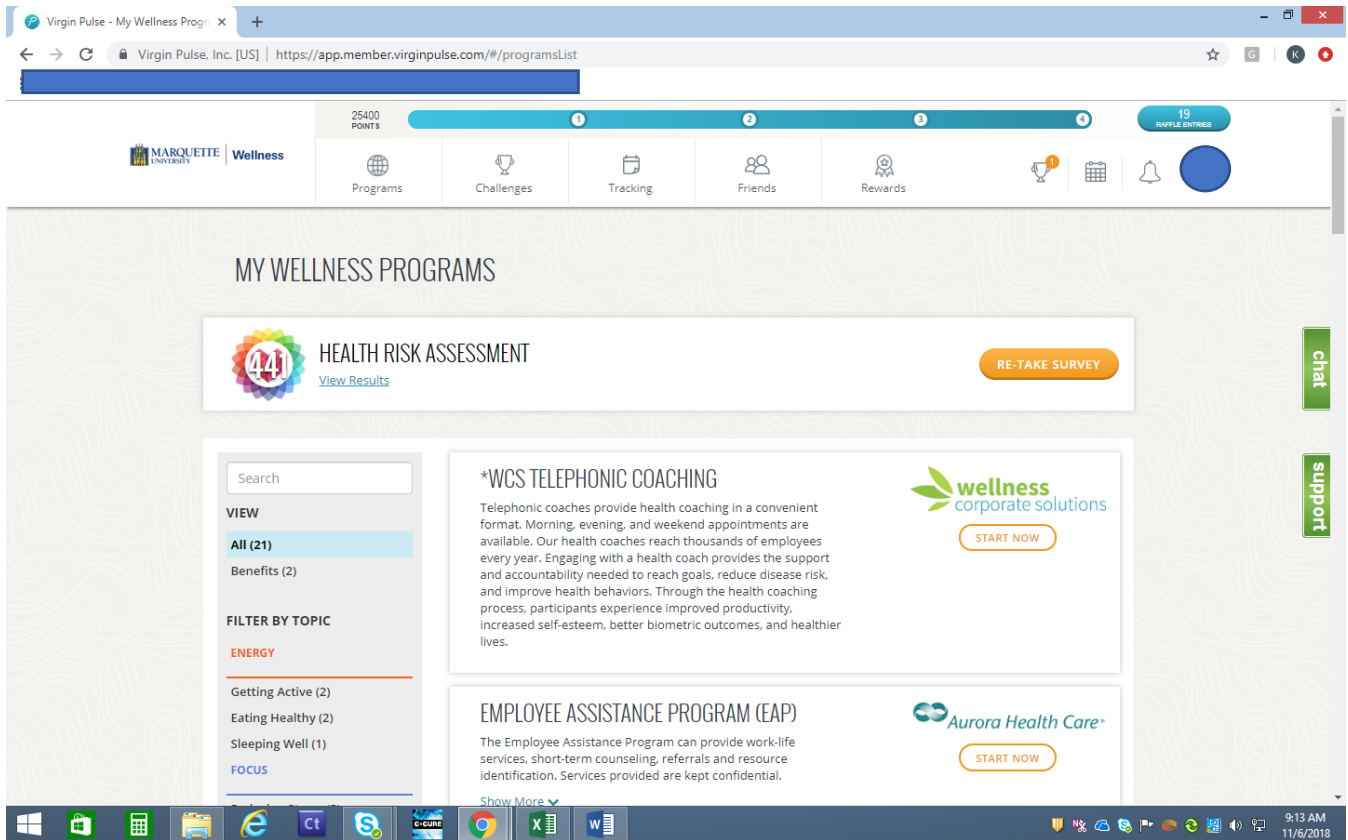
If you haven't created an account yet, go to [join.virginpulse.com/MarquetteUniversity](https://join.virginpulse.com/MarquetteUniversity) and click on "Sign Me Up!" at the bottom of the screen.

- Enter your information
- Email - This can be any email of your choice
- Password - password must be a minimum of 8 characters and contain the following:
  - Lowercase characters (a through z)
  - Uppercase characters (A through Z)
  - Number (0 through 9)
  - Non-alphanumeric character (Example: !@#%\*)

Once you've created an account you will be prompted to take the HRA. The screen will look like this:



If you already created an account through Virgin Pulse, but have not taken the Health Risk Assessment yet, this assessment can be found under the Programs tab at the top of the page (see the below screen shot). If you took the assessment when you created your account, it will say "Re-Take Survey" as it does below. You do not need to re-take the survey if you've already done it. Your biometric data will get sent directly from Aurora to Virgin Pulse, and this data will be automatically updated into your account. There is nothing you need to enter. It can take up to a week for your points from your biometric screening to show up in your account.



To check that your biometric data has been received by Virgin Pulse and you earned your points for this and the HRA, go to the Rewards tab and scroll down to Statement. Ensure that you have checked view by year at the top to see all your points. Your total points are also shown here.

