

## How to Download the Dental and Vision Certification Forms

- 1. Log into the Your Pathway to Wellness portal My Health (webmdhealth.com)
- 2. Navigate to Rewards from the Home page by clicking on the Reward Tile on the My Health home page and click "Continue":



3. Scroll down the page to the Healthy Actions list under Earn Points. Click on the "Learn More" button just below the BLUE Healthy Actions List header here:



4. A window will open with two links where you can click to download each form (dental and vision).

NI	To download the forms zick below: Dental Form Vision Form	
by	Next, be sure to fill out the form with signatures and upload by clicking in the box for the Dental or Vision Healthy Action under the BLUE Healthy Actions List	
	CLOSE	
ons	L	up to

5. Open the one or both forms you would like to complete and fill them out and follow instructions on the form to submit. There are also screenshots below to show that process.



## How to Upload Your Completed Dental and Vision Forms

1. Navigate to Rewards from the Home page by clicking on the Reward Tile on the My Health home page and click "Continue":



2. Scroll down and click on Dental or Vision Healthy Action under the BLUE Healthy Actions List:

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Healthy Actions List	Earn up to 200 Points 🔷
Click Learn More below to access the Dental/Vision certification form.	
LEARN MORE	
Biometric Screening Complete a Biometric Screening through any of the following options: Provider Form, Onsite, Lab or At Home Test Kit.	50 Points
Dental Exam Certification Download the form by clicking Learn More up above and come back here to upload your completed form by clicking this box.	25 Points
Vision Exam Certification Download the form by clicking Learn More up above and come back here to upload your completed form by clicking this box.	25 Points

3. Click on "Upload Document":

Manage My Documents	0
You can easily store your health care documents by uploading them into your Document Libra Health data and other information contained within uploaded documents will not be reflected in your P document library is only meant to help store and organize your files in one convenient location.	ry. ersonal Health Record. The
General Documents Medical Documents	UPLOAD DOCUMENT
Upload Date Document Name Category	
No documents yet	



4. Drag or drop your completed form in the blue box on top and fill out the fields: document name, category, provider and date of completion (must be dates 8/20/22-8/18/23)

Upload a Document	
Available storage: 143.0 MB of 143.0 MB	
Max file size: 25 MB	
Supported file types: .xml,txt,doc,docx,.xls,.xlsx,.pdf,.htm,.rtf,jpg,.gif,.tif,.png,.xml,.html,.jpeg,.tiff	
Drag and drop or click here	←──
Document Name *	
le	
Category	
Unspecified 👻	<b></b>
Provider	←──
Reference Date	
05/22/2023	<b></b>
MM/DD/YYYY	
CANCEL UPLOAD	

NOTE: IN ORDER TO RECEIVE CREDIT FOR THE CORRECT EXAM (DENTAL/VISION), ENSURE YOU CHOOSE THE ONE YOU ARE SUBMITTING SHOWN HERE IN THIS EXAMPLE:

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Make a selection			-
Unspecified			- 18
Medical Record			- 18
Physician's Report			- 18
Diagnostic Report			- 18
Test Result			- 11
X-Ray/MRI			- 11
Other			- 11
Health Record Report			- 11
Medical Directive			- 11
Annual Physical Exam			
Cervical Cancer Screening			- 11
Mammogram			- 11
Lipid Control Rate Screening			
Prostate-Specific Antigen Test (PSA)			- 11
Colonoscopy Chin Concern Concerning			- 11
Skin Cancer Screening			- 11
Vision Exam			- 1
VISIOII Exam			- 1
Vision Evam			-
VISION EXam			
Drovider			
Reference Date			
05/22/2023		t	
MM/DD/YYYY			
	CANC	EL UPLO	DAD

5. Click "Upload Document: and ensure your screen looks like this, with the message that your document was added successfully, and double check the Category is (vision or dental):

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6. Next, navigate back to Rewards page, click "My Health" and the top of your screen.





7. Click "Continue" on the Reward Tile on the My Health home page.

\star Rewa	irds				:	
Wellness C 50 Points	redit and Oppor	tunity Drawing R	Rewards 🌟 Ear	Expires 8/18/2023 your next Reward in 50 Points		
0	100	125	150	175	200 CONTINUE	

8. Ensure there is a green checkmark and points earned next to the exam submitted shown in this example:

