Creating a Wellness Profile


Step 2: Click Create Account.

Step 3: Enter your personal information, location (Military Sealift Command), unit (Military Sealift Command – Norfolk), and enrollment code (MSC Norfolk).
Step 4: Select Complete the Assessment Now to complete your Wellness Profile.

**Wellness Profile Introduction**

A Wellness Profile, also known as a Health Risk Assessment, is a fantastic tool to gather more information about your health! With the completion of the Wellness Profile, you will have a better understanding of your own health status and how to take the next steps to improving your health-related behavior. Once you complete your Wellness Profile, your results page will appear for you to review. This would be a great time to connect with a health coach on how to make specific health goals based on your results!

This health-related questionnaire won't take long to complete; however, the results are important! We ask that you take your time and read each question carefully.

If you have the following information, please have it ready: Height, Weight, Abdominal Circumference, Blood Pressure, and a Blood Panel Report from within the last 3 years (cholesterol, HDL, Triglycerides, Glucose, Fasting Duration). Complete The Assessment Now

**Notice**

Important information about the Wellness Profile can be found in the Notice Regarding Wellness Programs. You can find it again later under the "Documents" section of the menu.

Contact Health Promotion Coordinator Leighanne Gerstbrein for questions about creating your wellness portal account or for information about Health Promotion Services at MSC Norfolk. Email: Leighanne.gerstbrein.ctr@navy.mil Phone: (757) 443-5630