

Sea Pines

Accessing the Health Risk Appraisal (HRA) Online

To access Sea Pine's online health questionnaire follow these steps:

1. Go to: www.seapinesbenefits.com
2. Click on the "Personal Health Assessment" button on the left
3. Click on the green "Personal Health Assessment" at the bottom
4. The first time you get to the sign on screen, type in:

Company:	seapines
Login ID:	health
Password:	wellness
5. At the next screen you will be prompted to enter a username, password and some identifying information.
 - a. User Name: First initial and last name ex: John Smith jsmith
*if you receive the error code "username already taken" please add a 1 to the end of your user name ex: jsmith1
 - b. Password: last four numbers of your social security number

That's it! To complete the health questionnaire or review it in the future, follow steps 1-3 and enter your company name and your own username and password when you get to the sign on screen.

For those that completed the appraisal hard copy, you will receive notification once your application has been entered in the system along with your username and password. You can then log on and view your report.

Should you have any issue you may email service@tccba.com