
How to Complete General Health Assessment Online:

- ❖ **Check Email:** There will be a link sent to you via email that will invite you to create a Club Reduce account. Be sure to check junk and spam folder as well. Click on the link and it will direct you to “Create a Log In” on our web page.
- ❖ **Create Account:** Go through the step by step process of creating your personal Club Reduce account and then log in.
- ❖ **Find Assessment Tab:** After logging in, click the Assessment tab and save your information. Once saved, click the tab again and the Assessment will show up ready to be filled out.
- ❖ **Fill out Assessment:** Begin filling out the Assessment and once complete, the results will automatically be sent to our clinic database and we will have your information ready for your appointment. Thank you!