Follow 6 simple steps by March 22nd and earn $100

Step 1: Visit https://dartmouth.mycareallies.com and click "I need to register"

**Tip:** You must register on this website before taking your Health Assessment

**Remember, Dartmouth College will not see any of your personally identifiable health information.**

Step 2: Register

**Tip:** Have your Dartmouth ID available (please do not add 'D' in front of your ID number)

**Tip:** Your Dartmouth ID is listed as the DID number on the front of your ID card. It is seven characters long.

**If you have trouble locating your Dartmouth ID, call Human Resources at (603) 646-3411.**

Step 3: Create User ID and password

**Sample user ID: Earn100dollars**

**Tip:** Your User ID must be at least four characters long and should contain at least one number and one letter

**Sample password: Good4you2**

**Tip:** Your password must be at least six characters long and should contain at least one number and one letter
Step 4: Accept the User Agreement

**Addressing some common concerns:**
Completion of the Health Assessment will never:
1. Affect your ability to get health insurance now or at any future date
2. Cause an increase in your insurance rate or cause your insurance to be canceled
3. Be used to determine whether a claim will be paid or denied

Step 5: Click "Take Your Health Assessment now" and begin!

Step 5a

Step 5b

Step 6: Confirmation of Completion

Tip: You can be sure that you've completely finished the Health Assessment when you see this confirmation screen

You're done! You will receive your $100 incentive in your paycheck in approximately 2 pay cycles.