



Instructions for taking the 7 Dimensions of Wellness Survey

Point your browser to the following link:

<https://www.abbotsolutionsinc.com/byowc/>

Then follow these steps:

- 1) Click on **Take Advanced Assessment**.
- 2) Enter your **email address** and the **access code** provided by your administrator and select **Continue**.
- 3) If your login is successful, you will be told so and presented with disclaimer and informed consent statement. To continue on with the assessment, select **I Agree**.

The assessment will take a minimum of 15-20 minutes to complete and may take as long as 45 minutes. You must complete the entire assessment in order for your results to be saved. If you exit before completing it, your results will not be recorded. You may quit the assessment at any time.

When you have completed the assessment, you will be presented with a report menu. You may view or print your individual results immediately. Reports involving group data will not be accurate until all participants have completed the assessment.

You can always come back at a later time to view or print your results, but you will need your **email address**, the **access code** and **your pin**. Upon completion of the assessment, this information will be sent to your email address. **Important!** If you can't find the email, check your spam folder.

To View Results at any time, point your browser to the following link:

<https://www.abbotsolutionsinc.com/byowc/>

Then follow these steps:

- 1) Click on **View Assessment Results**.
- 2) Enter your **email address**, **access code** and your **PIN** and select **Submit**.
- 3) If your login is successful, you will be presented with the **Report Menu**.

Your individual results will be kept strictly confidential and only you will be able to view your results.

Thanks again for taking this assessment. We hope you learn a lot about your wellness! If you found this useful, please tell your friends about the **Free assessment**.