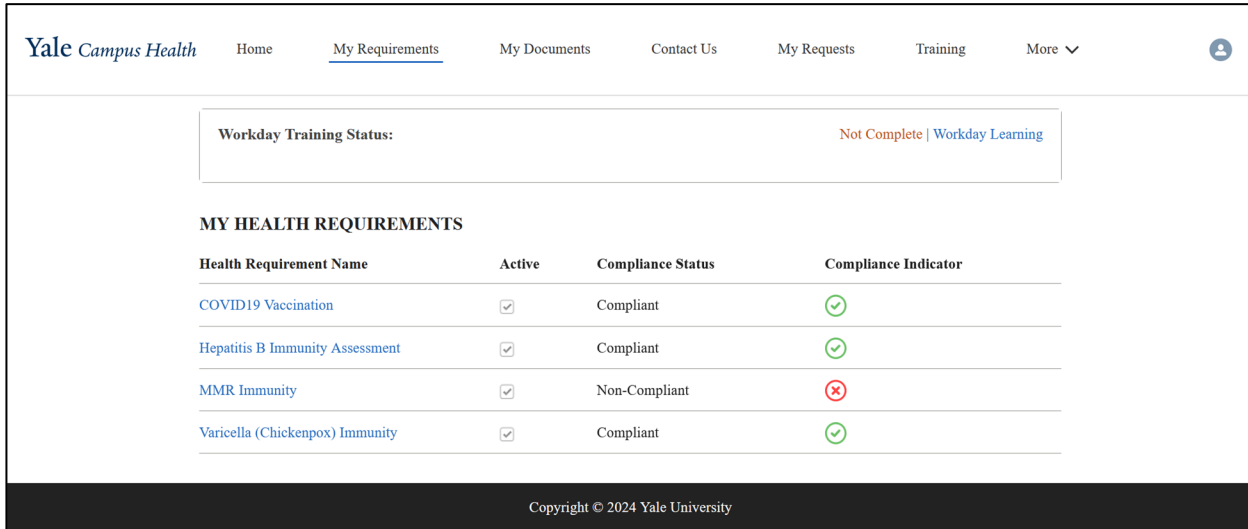
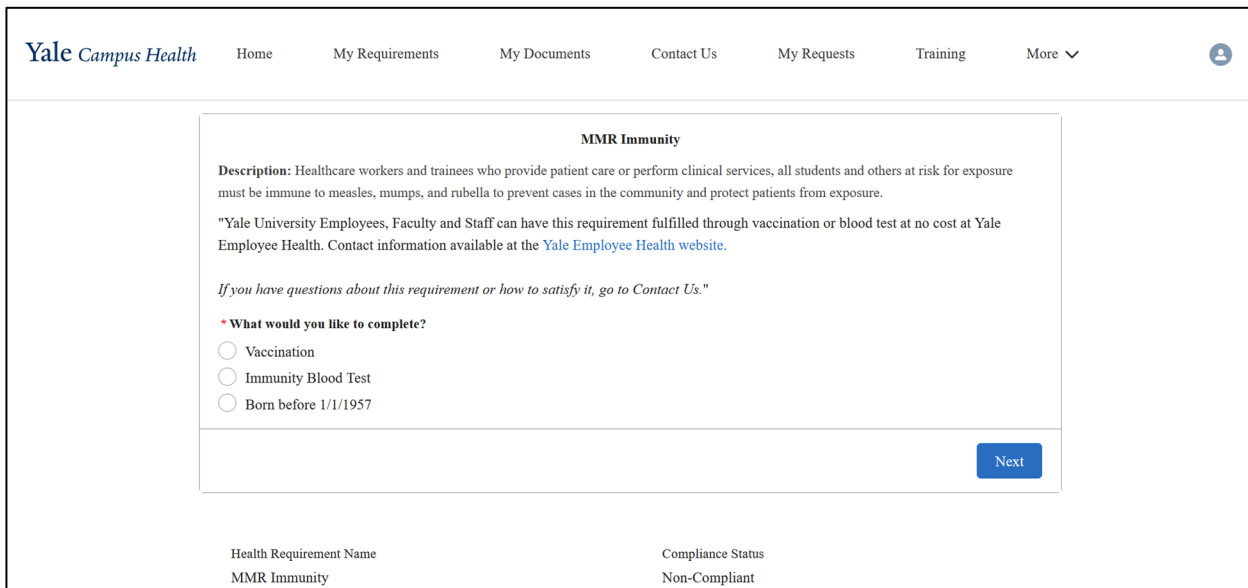


1. Log in to Health on Track using your NetID at <https://healthontrack.yale.edu/s/>
2. Click on “**My Requirements**” to view assigned health requirements and their compliance status.

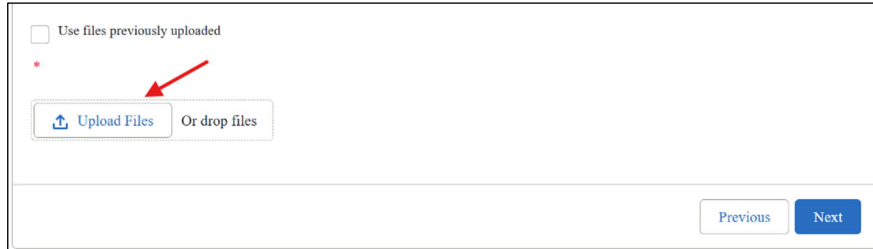


3. Click on any requirement to view a description of the requirement and instructions for how to complete. (See example below for MMR Immunity).



4. Select one of the options under the question “What would you like to complete?”
5. Click “**Next**” and follow the instructions.

6. If alternate documentation is utilized, you will be asked to **Upload Files**. Select the icon, choose the documentation scan(s) from where they are saved on your device and click the blue Next button.



7. If your documentation was successfully uploaded into the system, the following confirmation will be provided, and your requirement will appear as *In Progress* while the review process is being completed.

