



## AllCare PEBB Health Assessment

Questions?

Call **(541) 471-4106**

Live chat from within the member portal  
Monday-Friday, 8 a.m. to 5 p.m.

Approximate completion time

20 minutes

Preferred web browser

Google Chrome (IE may also be used)

Visit [www.members.allcarepebb.com](http://www.members.allcarepebb.com) to register an account with the following information:

- AllCare PEBB Member ID
- PEBB Agency Code (you may call AllCare PEBB if you do not know the code)
- ZIP Code (must match your PEBB benefit record)

### Don't Forget!

- Both members and spouses/partners must complete the health assessment to qualify for Health Engagement Model.
- Be sure to complete and **submit** your health assessment between September 1 and October 31, 2015.



### TIP

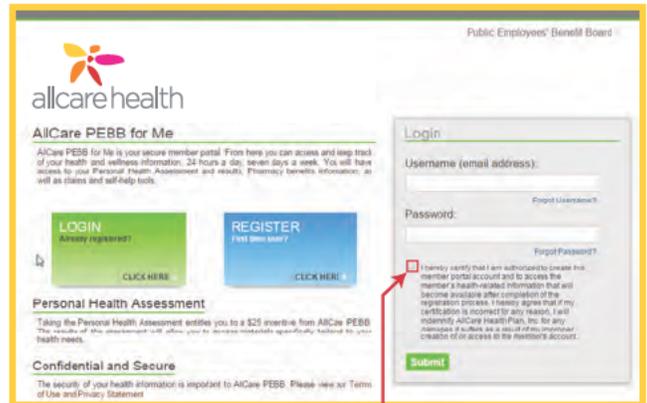
To fully complete the health assessment, please have the following information readily available:

- Weight
- Height
- Blood pressure
- Cholesterol
- Blood sugar/blood glucose (if they apply)

### Privacy and Security:

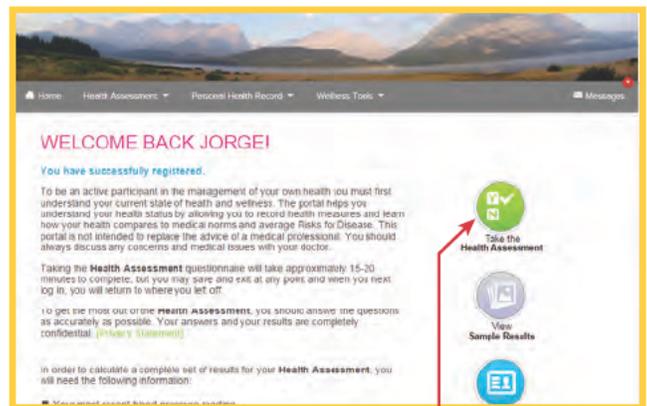
Your answers will never be shared with PEBB or your employer. For further information please refer to the Privacy and Security documentation at the bottom of the member portal login page.

**1** To insert the log in data or register for first time use, visit the member portal at: [www.members.allcarepebb.com](http://www.members.allcarepebb.com).



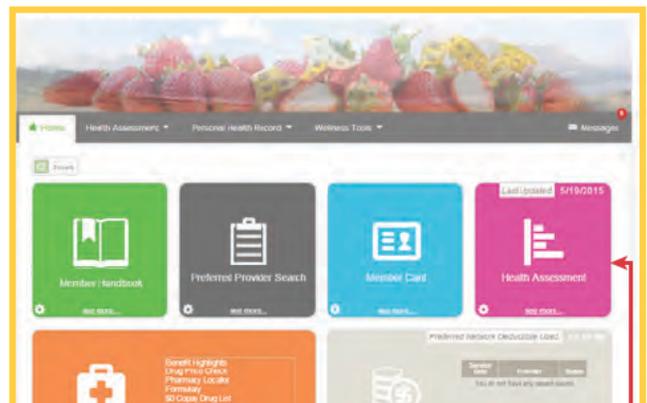
Be sure to click the box authorizing your access to the information in the account.

**2** After logging in, you will see the page below **if you have not yet completed the health assessment.**



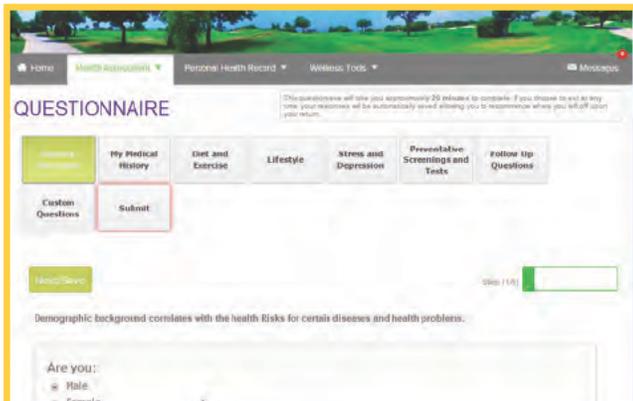
Click the Take the Health Assessment icon.

After logging in, you will see the page below **if you have previously completed the health assessment.**



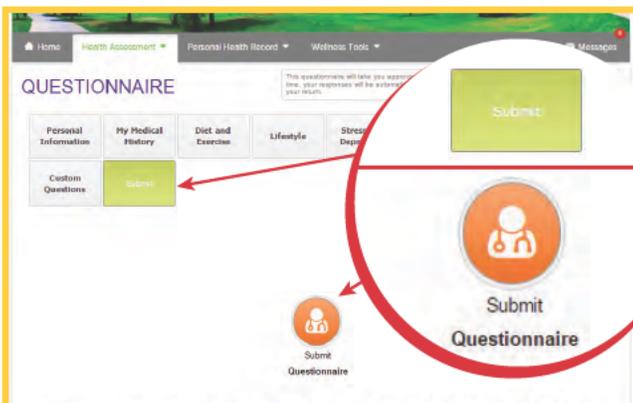
Click the Health Assessment tile to update your health assessment (color and location may change).

**3** The health assessment is a questionnaire with eight sections you will need to complete.

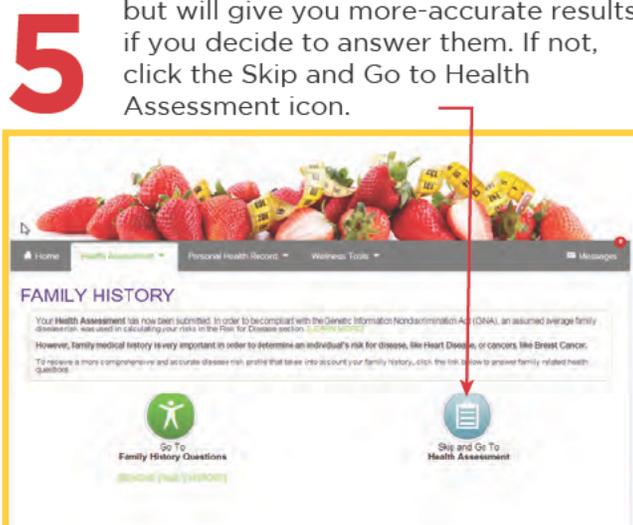


If you have taken the health assessment previously, simply review your answers, updating those that have changed. **Be sure to click the Next/Save button after completing each section.**

**4** After completing the questionnaire, click the Submit Questionnaire icon.



You may be provided with the option to answer questions about your family history. These questions are not required but will give you more-accurate results if you decide to answer them. If not, click the Skip and Go to Health Assessment icon.

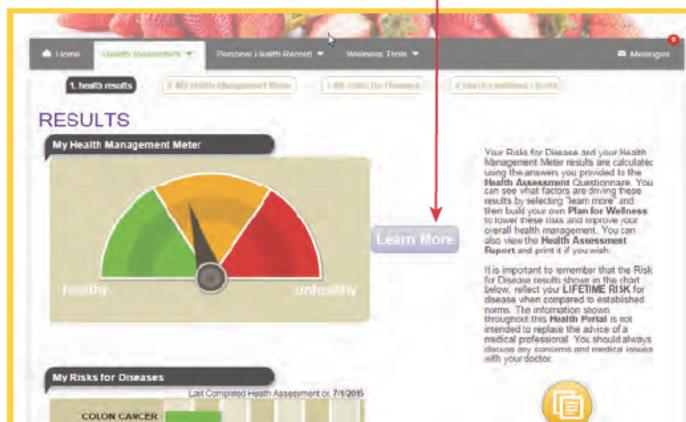


**6** Choose how you want your answers used. You can share your answers with AllCare Health or allow your answers to be used only as part of a report of all members that does not include your identity.



After reading the terms and conditions, choose the option you agree to. (If you do not choose either, you can close the window. By doing so you will not submit the health assessment and not be eligible to participate in the 2016 PEBB Health Engagement Model (HEM) program.)

**7** After you have clicked submit, you have successfully completed your health assessment and can interact with your results.



Clicking on the graphs will provide you with more information, showing items that may raise or lower your risks in each area.

**8** Anytime you need to print your completion report, click the Health Assessment Completion Certificate icon on the Health Summary page and choose the required completion report date.

