

Q&A on Kaiser Permanente's Total Health Assessment

The Total Health Assessment is an easy-to-use online questionnaire that gives you an in-depth look at your overall health. It has 4 parts – biometrics, body, mind, and lifestyle – and once you complete them all, you'll get a customized plan to help you make healthy lifestyle changes. You can complete them in any order. And as a Kaiser Permanente member, you can take the assessment anytime. For more information, please see the commonly asked questions and answers below.

Q: Where can I sign up or find out more?

A: Go to kp.org/tha to access the questionnaire. If you haven't already, you'll need to create an account at kp.org to participate. To do so, just go to kp.org/registernow.

Q: How does the questionnaire work?

A: To begin the questionnaire, just sign on with your kp.org user ID and password. Before you start, it's a good idea to have certain information handy, like your weight, waist measurement, and recent lab test results.*

You'll be asked questions about your personal health. Once you've finished all 4 sections, the assessment will generate your personalized results and show how they compare with health guidelines.

You'll also get advice for practical steps you can take to make lifestyle changes. Your advice will be based on your risk for developing certain health conditions and how motivated you are to make changes. You can print your results or review them online anytime.

Q: What happens after I get my personalized results?

A: Depending on the responses you gave in your Total Health Assessment, you may get suggestions on how to improve your health. These may include tips on healthy eating, exercise, or stress management. You'll be linked to interactive health tools to help you stay on track. You might also get recommendations to take healthy lifestyle programs – such as Nourish, to help improve your eating habits – at your own pace.

Besides Nourish, you can take other customized online programs to help you lose weight, reduce stress, or quit smoking, among other things. Go to kp.org/healthylifestyles to learn more about these programs.

Q: Will my doctor at Kaiser Permanente be able to see my results?

A: For your doctor to see your results, you'll need to print and share them at your next office visit. Or if you're getting care at a Kaiser Permanente facility, you can email highlights to your doctor through kp.org.

In the past, you were able to share your Total Health Assessment in your electronic health record, but this option isn't available anymore.

Q: Will my doctor at Kaiser Permanente have access to information from the healthy lifestyle programs I take?

A: No. If you'd like to discuss results from your healthy lifestyle programs, you can print and share them at your next office visit. Or if you're getting care at a Kaiser Permanente facility, you can email highlights to your doctor through kp.org.

Q: If I've already taken the Total Health Assessment and included it in my electronic health record, will it still be there?

A: Yes.

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Q: Is my private health information safe?

A: We protect the privacy and security of your personal information, including your protected health information, under the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and other state and federal law. We use administrative, physical, and technical safeguards, as well as policies and procedures to help protect your information from loss, misuse, unauthorized access, or alteration.

Q: Is the Total Health Assessment offered in Spanish?

A: Yes. Just go to kp.org/vidasana.

Q: How often should I take the Total Health Assessment?

A: We recommend you take it once a year. That way, you can have time to make the most of your customized action plan.

*If you've received care at a Kaiser Permanente facility, you can sign on to your account on kp.org to see if you have recent test results available online.

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