

Total Health Assessment

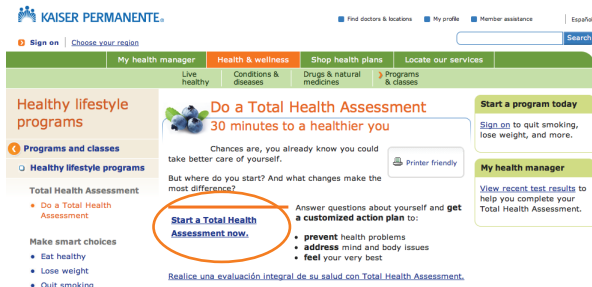
Why take the Total Health Assessment?

Through the Total Health Assessment, we offer a personalized approach to improving your well-being.

- The survey questions focus on relevant health behaviors.
- You'll get a customized action plan with evidence-based recommendations.
- You'll be directed to relevant, online healthy living programs.
- It's a positive step toward a healthy YOU!

Here's how to get started:

1 Go to **kp.org/tha**



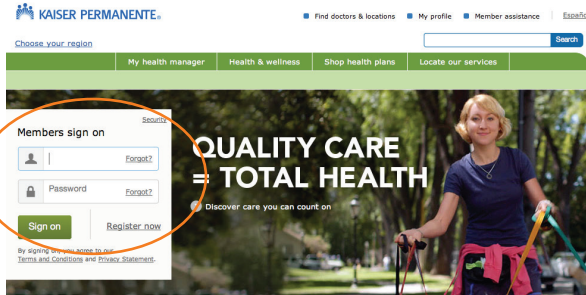
Here's a tip!

Gather information needed to complete the assessment (go to My Health Manager for your recent lab results). The Total Health Assessment will ask for the following numbers:

- Height
- Waist circumference
- Cholesterol
- Weight
- Blood pressure
- Glucose

2 Log in

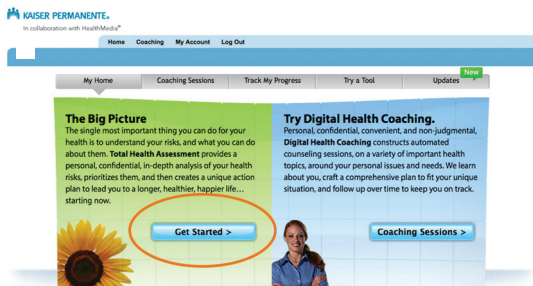
First time logging in? You'll be able to register right away if you answer a few questions online to validate your identity.



- If your identity cannot be validated online, your password will be mailed to you, to protect your personal health information and prevent fraud.
- If your new password is mailed, it can take up to 7 days to arrive. Please wait for your new password to arrive before attempting to log in.

3 Take the Total Health Assessment survey

- Complete the questionnaire (**look for the yellow sunflower**); it takes about 20-30 minutes.
- Click "submit" to complete the survey and to receive your personalized action plan. This also becomes your Total Health Assessment completion date.
- You will receive a confirmation sent to the email address associated with your **kp.org** account.



Here's a tip!

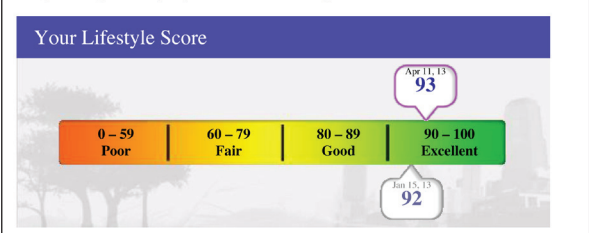
Completing this survey may count toward your employer's rewards program. If so, you may want to save a copy of the email confirmation for your records.

Total Health Assessment

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Health Summary

Thanks for sharing so much about yourself. We've used what we just learned about you to evaluate how your lifestyle can impact your health. So where do you stand?

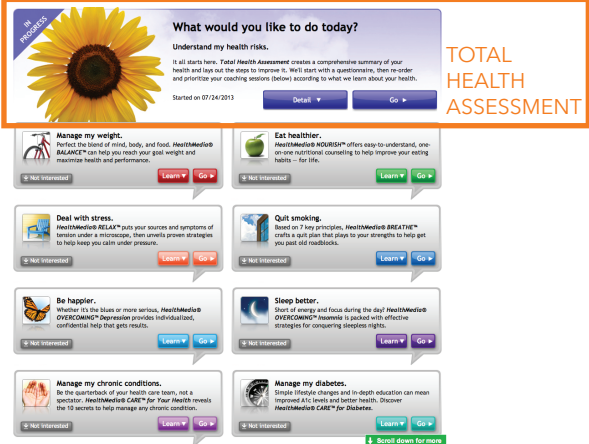


Now let's look at the behaviors that make up your lifestyle score. Using your answers, we've ordered them below to focus in on areas that need work *and* that you're ready to change.

4 Get your results

- Review your personal action plan and follow recommendations to make the healthy lifestyle changes you choose.

5



5 Use tools to make healthy lifestyle changes

- Choose a Healthy Lifestyle Program from 10 digital coaching programs available online.
- Your personal action plan may recommend one or more Healthy Lifestyle Programs.
- With email check-ins, you'll receive email follow-ups over the next six months to help you succeed with your lifestyle changes.

Here's a tip!
If you can't finish the Total Health Assessment in one sitting, your answers will be saved and you can start where you left off.

Additional notes

- Survey responses in progress are held up to two years.
- Survey responses are protected by Health Insurance Portability and Accountability Act of 1996 (HIPAA) privacy guidelines.
- Survey results are private and will not be shared with your employer. Only your name and completion date will be shared for rewards tracking purposes (if offered by your employer).
- If you are a Kaiser Permanente member, you can elect to share your survey results with your medical provider when you complete the survey.

- For help with your Total Health Assessment, call **HealthMedia® Customer Care: 1-866-433-9284**. Questions are answered 24 hours per day, 7 days per week, and 365 days per year.
- For questions regarding your Kaiser Permanente member benefits, call **Member Services: 1-800-813-2000**