

Health Assessment Overview

2016-17 OEBC Open Enrollment



What is a Health Assessment?

- A Health Assessment is a scientifically evidence-based questionnaire about your health, habits, and overall wellness.
- A Health Assessment can help you evaluate your health, any risks you may have, and help you identify actions you can take to live a longer, healthier life.
- Completing a Health Assessment is one of the requirements of OEBC's Healthy Futures Program.

Accessing the health assessment

Go to www.modahealth.com/oebb to log in to myModa

If you have forgotten your user name, password, or need to create an account, click the appropriate link

The screenshot shows the myModa website interface. At the top, there is a navigation bar with the 'moda' logo, a location dropdown set to 'Oregon', and links for 'Contact us', 'FAQs', and 'OEBB site'. A search bar is also present. Below the navigation bar, there are three main columns. The left column has buttons for 'I'm a member', 'I'm an entity', and 'Find Care'. The middle column features the 'oebb' logo and text describing the partnership between Moda Health and OEBB. The right column contains the 'mymoda' login section with fields for 'USE USERNAME' and 'PASSWORD', and links for 'Forgot your password', 'Forgot your user name', and 'Create an account'. A 'Click here to watch the myModa video learning series!' link is also visible. At the bottom, there is a yellow banner with three icons and text: 'Take a health assessment!', 'Are you at risk?', and 'Moda medical home'. A footer contains links for 'Press room', 'Careers', 'Feedback', 'Terms of use', 'Privacy policy', and 'HIPAA'.

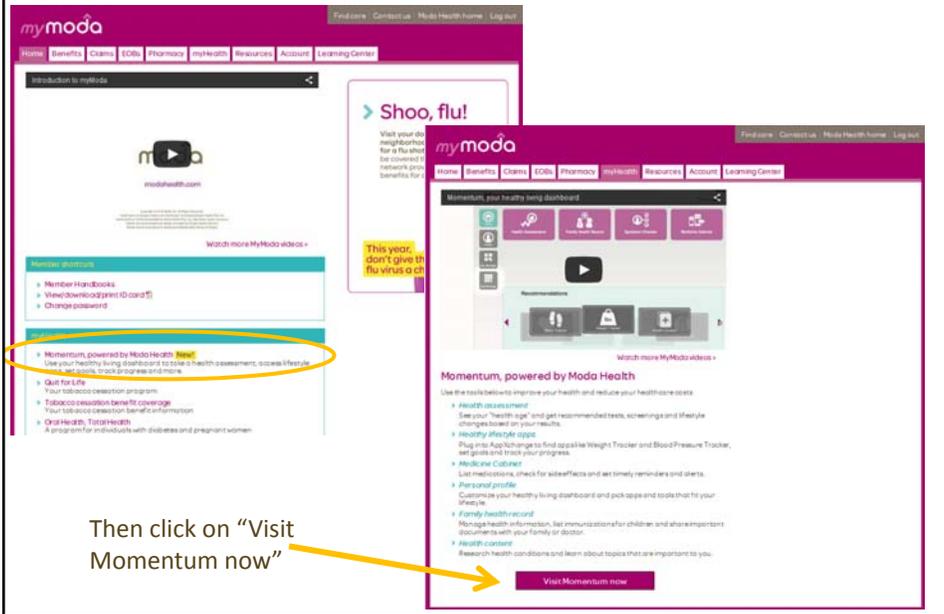
First time on myModa? Need to register?

You will need your Subscriber ID in order to complete this step

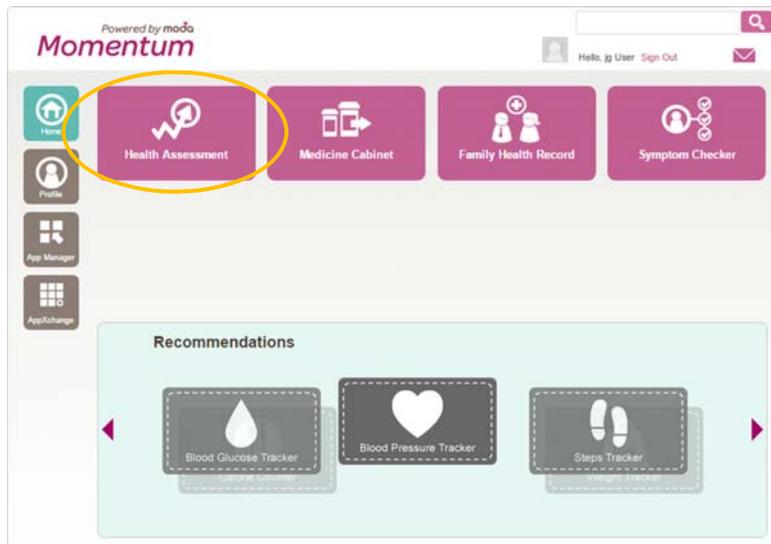
Your Subscriber ID is the same as your OEBB E number

The screenshot shows the 'mymoda' registration form. The title is 'Registration' and the instruction is 'Please use the information from your IDcard to register.' The form contains several input fields: 'First name', 'Middle initial', 'Last name' (marked as Required), 'Date of birth' (Required, format MM/DD/YYYY), 'Subscriber ID' (Required), 'Email address' (Required), and 'Re-type email' (Required). There is a checkbox for 'Occasionally email me breaking news and important information to help me manage my health. Please be assured that your email address is confidential and will never be sold, rented or shared with a third party.' A 'Next' button is at the bottom. A 'Need help?' box on the right contains links for 'View sample IDcards' and 'Get help registering'.

Click on the Momentum link on the myModa homepage



Momentum home page



Start the health assessment

Powered by moda
Momentum

Home Health Assessment

jj User, Your age at the time of your last completed Health Assessment was 50 years old, but...

You are as healthy as the average ? year old!
No saved data

Start Assessment

References

The assessment and results summary were based on data and guidelines from peer-reviewed medical literature, government agencies (e.g. CDC) and national medical organizations. View References

ConnectionPAD Health Assessment References

Questionnaires

October 2013

- Adult Immunizations
- Adult Screenings
- Alcohol
- Asthma
- Cancer Screening
- Childhood Immunizations
- Congestive Heart Failure

Completing the health assessment

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Momentum

Home Health Assessment

jj User, Sign Out

About You 3% Complete

Let's start by getting some basic information about who you are.

What is your gender? *

Male Female

What is your date of birth? *

8 / 11 / 1977

What is your marital status?

-Select-

Race/Ethnicity: Why are you asking this? *

-Select-

Enter your zip code:

Back **Next** [Save and Continue Later](#)

About You

- Health History
- Measurements
- Screenings & Vaccinations
- Physical Activity
- Nutrition
- Lifestyle
- On the Job
- Your Conditions
- Health Goals
- Feedback
- Patient Activation Measure

* Required

Track your progress

Click "Next" to continue

Click "Save and Continue Later" if you can't finish and will need to come back later

Completing the health assessment

Disagree
 Agree
 Agree Strongly
 N/A

I know how to prevent problems with my health.

Disagree Strongly
 Disagree
 Agree
 Agree Strongly
 N/A

I am confident I can figure out solutions when new problems arise with my health.

Disagree Strongly
 Disagree
 Agree
 Agree Strongly
 N/A

I am confident that I can maintain lifestyle changes, like eating right and exercising, even during times of stress.

Disagree Strongly
 Disagree
 Agree
 Agree Strongly
 N/A

[Back](#) [Finish](#) [Save and Continue Later](#)

Don't forget to click "Finish"

Health assessment results

Powered by **moda**
Momentum

Hello, jg User [Sign Out](#)

Health Assessment

jg User Your age at the time of your last completed Health Assessment was 38 years old, but...

You are as healthy as the average **30 year old!**
Saved 07/13/2015 10:45:30 AM PDT

[Return to Start](#)
[Share Health Age](#)
[Print Full Report](#)
[Print Certificate](#)

Health Assessment Results Report

Find out how your results affected your Health Age.

What's Increasing your Health Age ?

Your BMI (body mass index) is 27.55, based on your height and weight. A BMI above 25 is considered overweight, so it may be time to make a plan and get your weight into the healthy zone.

What's Lowering your Health Age ?

Your total cholesterol is 164, which is in the normal range of less than 200 mg/dL. Way to go!

Your HDL cholesterol (or "good cholesterol") is 65. HDL over 60 mg/dL helps protect you from heart disease.

Your Health Assessment Risks
[Colon Cancer](#)

You Compared to Other Users

■ Same Actual Age
■ Younger Health Age
■ Older Health Age

Don't forget!

In order to participate in the Healthy Futures Program, you must complete your Health Assessment between August 15, 2016 and October 15, 2016.

Need assistance?

Call myModa customer service at 888-374-8907
or email OEBBquestions@modahealth.com

Monday through Friday 7:30 a.m. to 5:30 p.m.