

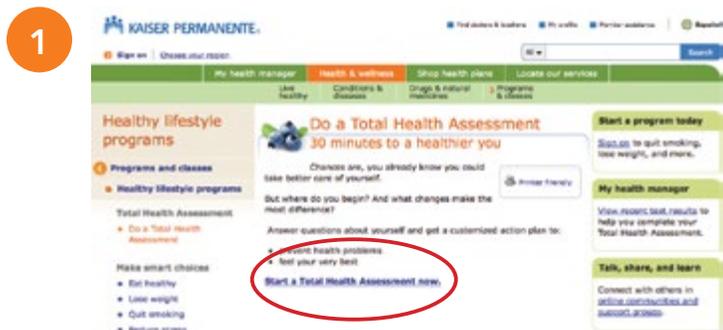
Step-by-step **instructions** for completing the **ONLINE** **Total Health Assessment**

Why take the Total Health Assessment?

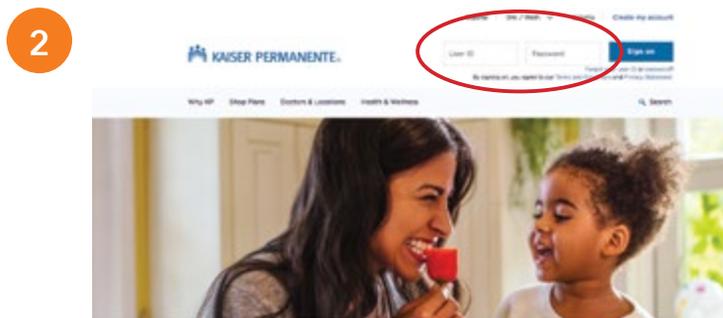
Assess your health and understand steps you can take to maintain and improve it.

- Evaluate your health risks and identify priorities.
- You'll get a customized action plan – your own personal road map to change.
- You'll be directed to tools to help you make healthy habits out of healthy changes.
- It's a positive step toward a healthier YOU!

Here's how to get started:



1 Go to **kp.org/tha** or download the mobile app.



2 **Sign on**

First time signing on? 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 sign on.

Here's a tip!
Gather your health information ahead of time.
 (Hint: Sign on to **kp.org** for your recent lab results.)
 The Total Health Assessment will ask you for:*

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

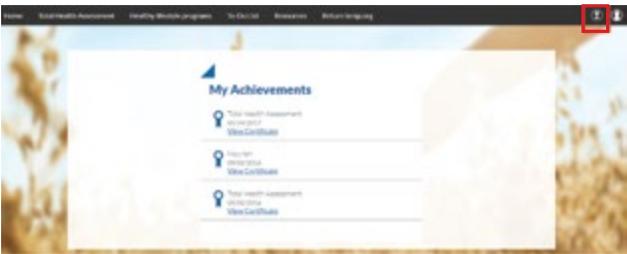
*Providing complete information is recommended. But don't worry, you can still take the Total Health Assessment even if you don't have all your numbers.



Step-by-step **instructions** for completing the ONLINE

Total Health Assessment

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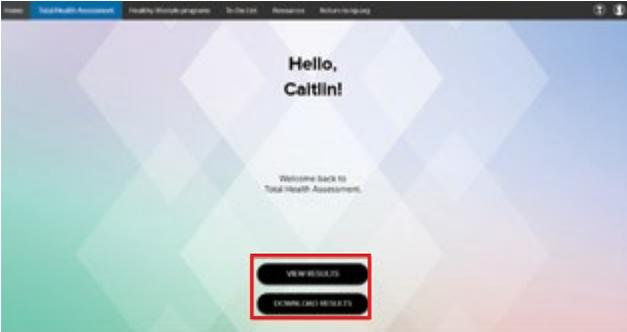


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Take the Total Health Assessment survey

- Complete the questionnaire. It takes about 20 minutes.
- Click “submit” to complete the survey and to receive your personalized action plan.
- Keep a copy of your completion certificate for your records. While viewing your certificate, click the “print this page” button.
- You can also find your completion certificate by clicking the My Achievements icon in the top right of your screen.

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Get your results

- Review your results and make the healthy lifestyle changes you choose. We offer tools and resources to support you along the way.

Here’s a tip!
 Completing this survey may count toward your employer’s rewards program. If so, be sure to print and save your completion certificate.

Questions?

- For help with your Total Health Assessment, call: **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**. For TTY, call **711**. For language interpretation services, call **1-800-324-8010**.

Additional notes

- 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).

