

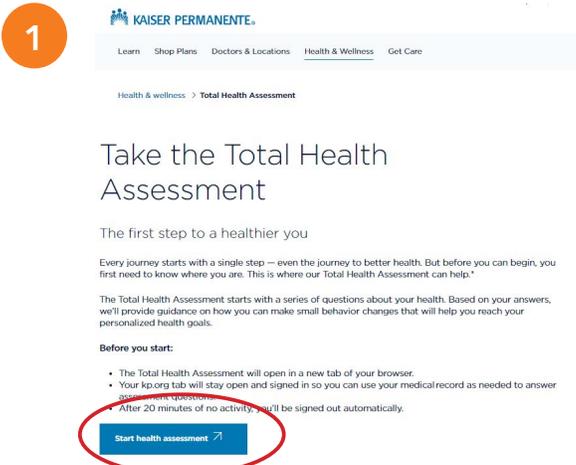
Step-by-step **instructions** for completing the **ONLINE** **Total Health Assessment**

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:

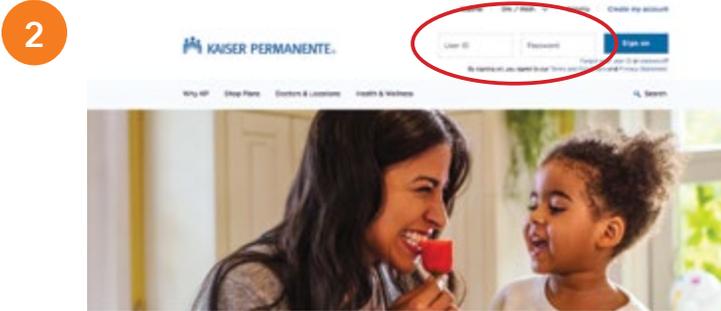


1 Go to **kp.org/tha** or download the mobile app.

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.



2 **Sign on**

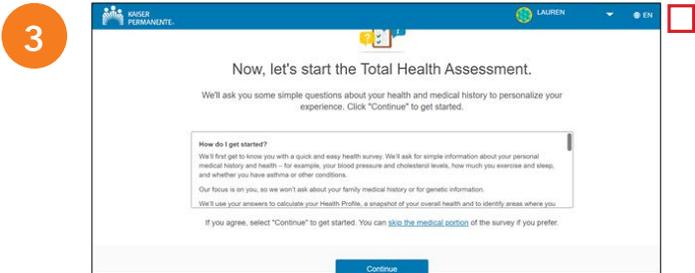
First time signing on? You'll be able to register right away if you answer a few questions online to validate your identity.

- 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.



Step-by-step instructions for completing the ONLINE

Total Health Assessment



- 3 **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.

- 4 **Your Total Health Assessment is Complete!**
Congrats AMBER! You finished it Oct 13, 2021. Print this page for your records.



Now you'll have your overall health picture, including age, weight, diet, exercise habits, and other factors. Use it to decide how you'd like to start improving your health.



- 4 **Get your results**
 - Keep a copy of your completion for your records. While viewing your completion, click the "print this page" button.
 - 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.

If you have previously taken the Total Health Assessment follow the steps below:

- Go to kp.org/tha and sign in with your kp.org credentials
- Click 'Dashboard' on the top left of your screen.
- Select 'Go to Health Profile'
- Scroll down and select 'Retake Survey'

Questions?

- For help with your Total Health Assessment, call: **1-844-334-4944**. Help is available from 8 a.m. - 9 p.m. CT.
- 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).

