

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

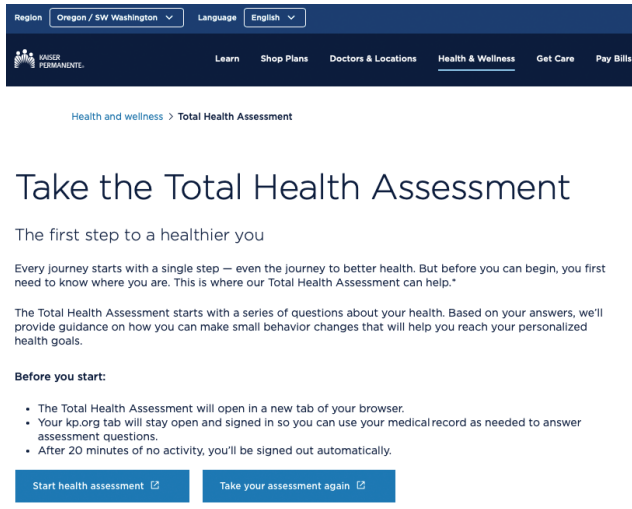
Why take the Total Health Assessment (THA)?

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



Region: Oregon / SW Washington Language: English

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Health and wellness > Total Health Assessment

Take the Total Health Assessment

The first step to a healthier you

Every journey starts with a single step — even the journey to better health. But before you can begin, you first need to know where you are. This is where our Total Health Assessment can help.*

The Total Health Assessment starts with a series of questions about your health. Based on your answers, we'll provide guidance on how you can make small behavior changes that will help you reach your personalized health goals.

Before you start:

- The Total Health Assessment will open in a new tab of your browser.
- Your kp.org tab will stay open and signed in so you can use your medical record as needed to answer assessment questions.
- After 20 minutes of no activity, you'll be signed out automatically.

[Start health assessment](#) [Take your assessment again](#)

*Only available to Kaiser Permanente members age 18 years or older.

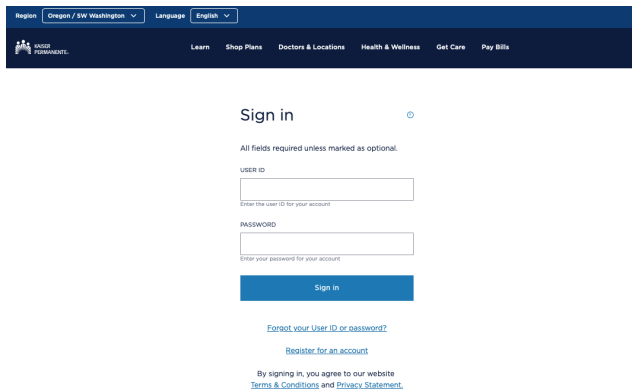
- 1** Go to **kp.org/tha** or download the mobile app. If this is your first time taking the THA, choose "start health assessment." If you're retaking the THA, choose "take your assessment again."

Tips!

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

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Sign in

All fields required unless marked as optional.

USER ID
Enter the user ID for your account

PASSWORD
Enter your password for your account

[Sign in](#)

[Forgot your User ID or password?](#)

[Register for an account](#)

By signing in, you agree to our website [Terms & Conditions](#) and [Privacy Statement](#).

2 Sign in to kp.org

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

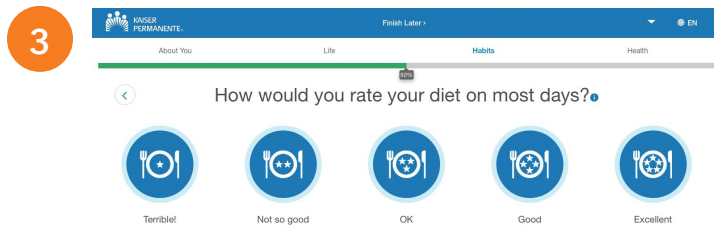
- If your identity cannot be validated online, your password will be mailed to you to protect your personal health information and prevent fraud.
- If your new password is mailed, it can take up to 7 days to arrive. Please wait for your new password to arrive before attempting to start your assessment.

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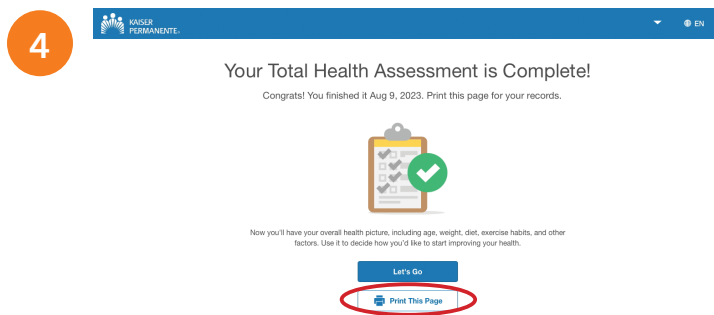
*Providing complete information is recommended. But don't worry, you can still take the Total Health Assessment even if you don't have all your numbers.



(continued from page 1)



- 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 Print your completion confirmation and get your results**
- Keep a copy of your completion certificate for your records. While viewing your certificate, 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.

Tips!

Completing this survey counts towards PEBB's rewards program. Make sure to print and save your completion before leaving the page.

If you complete the THA, but your employer does not show confirmation of your completion, please contact our Rewards Customer Service (info below) before trying to complete the THA again.

Questions?

- For help with your Total Health Assessment, please contact the Kaiser Permanente Rewards Customer Service at **1-866-300-9867** or **RewardsCustomerService@kp.org**. Please allow 2 business days for a response.
- For questions regarding your Kaiser Permanente member benefits, call Member Services: **1-800-813-2000** (TTY **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).