

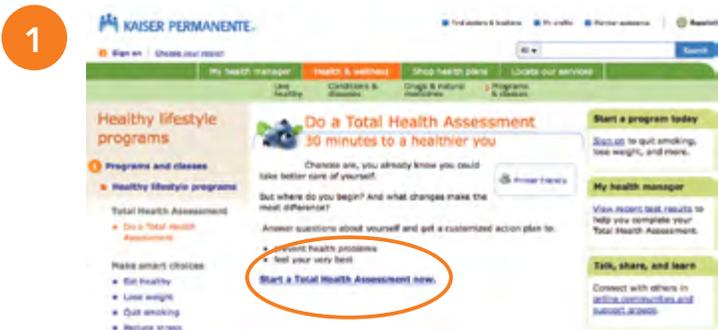
Step-by-step instructions for completing the ONLINE Total Health Assessment

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 healthy YOU!

Here's how to get started:

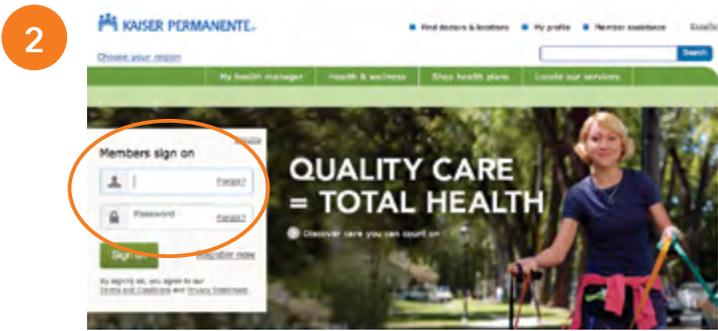


1 Go to **kp.org/tha**

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

- Height
- Weight
- Waist circumference
- Blood pressure
- Cholesterol
- 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 **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.



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

Total Health Assessment

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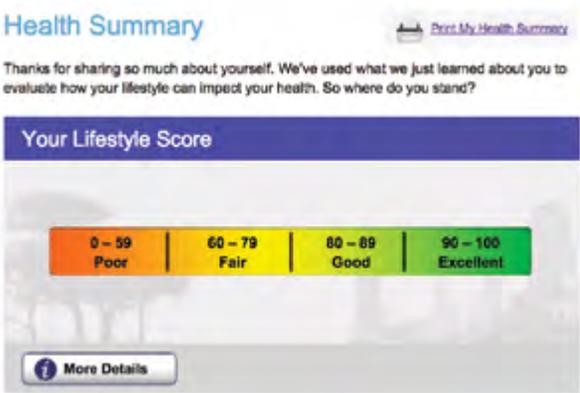


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Take the Total Health Assessment survey

- Complete the questionnaire. It takes about 20 to 30 minutes.
- Click “submit” to complete the survey and to receive your personalized action plan.
- You will receive a confirmation sent to the email address associated with your **kp.org** account.
- Keep a copy of your completion certificate for your records. While viewing your certificate, click the “print this page” button.

4



4

Get your results

- Review your personal action plan 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, you may want to:

1. Save a copy of the email confirmation for your records.
2. Print and save your completion certificate.

Questions?

- For help with your Total Health Assessment, call **Kaiser Permanente HealthWorks Member Support** at 1-866-300-9867, Monday through Friday, 8 a.m. to 5 p.m. You can also call **HealthMedia® Customer Care** at 1-866-433-9284, 24 hours a day, 7 days a week.
- 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).
- If you are a Kaiser Permanente member, you can elect to share your survey results with your medical provider when you complete the survey.

