

Health Assessment

Questions?

Call (541) 474-PEBB [7322]

Live chat from within the member portal Monday through Friday, 8 a.m. to 5 p.m.

Approximate completion time

20 minutes

Preferred web browser

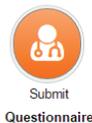
Google Chrome (IE may also be used)

Visit www.pebb.members.allcarehealth.com to register an account with the following information:

- AllCare PEBB Member ID
- PEBB Agency Code (you may call AllCare PEBB if you do not know the code)
- ZIP Code (must match your PEBB benefit record)

Don't Forget!

- Members must complete the health assessment to qualify for Health Engagement Model.
- Be sure to complete and **submit** your health assessment between September 1 and October 31, 2016.



TIP

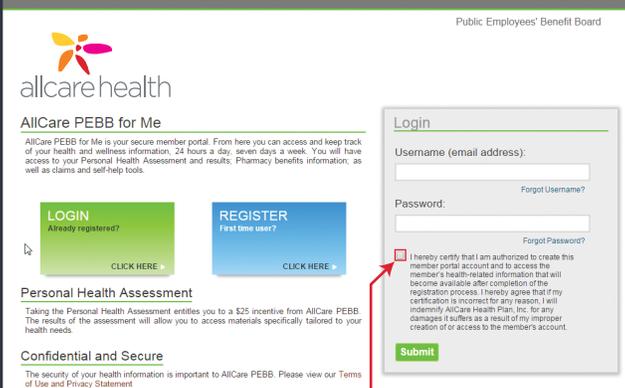
To fully complete the health assessment, please have the following information readily available:

- Weight
- Height
- Blood pressure
- Cholesterol
- Blood sugar/blood glucose (if they apply)

Privacy and Security:

Your answers will never be shared with PEBB or your employer. For further information please refer to the Privacy and Security documentation at the bottom of the member portal login page.

1 To insert the log in data or register for first time use, visit the member portal at: www.pebb.members.allcarehealth.com.



Public Employees' Benefit Board

allcare health

AllCare PEBB for Me

AllCare PEBB for Me is your secure member portal. From here you can access and keep track of your health and wellness information, 24 hours a day, seven days a week. You will have access to your Personal Health Assessment and results, Pharmacy benefits information, as well as claims and self-help tools.

LOGIN Already registered? **CLICK HERE**

REGISTER First time user? **CLICK HERE**

Login

Username (email address):

Forgot Username?

Password:

Forgot Password?

I hereby certify that I am authorized to create this member portal account and to access the member's health-related information that will become available after completion of the registration process. I hereby agree that if my certification is incorrect for any reason, I will indemnify AllCare Health Plan, Inc. for any damages it suffers as a result of my improper creation of or access to the member's account.

Submit

Personal Health Assessment

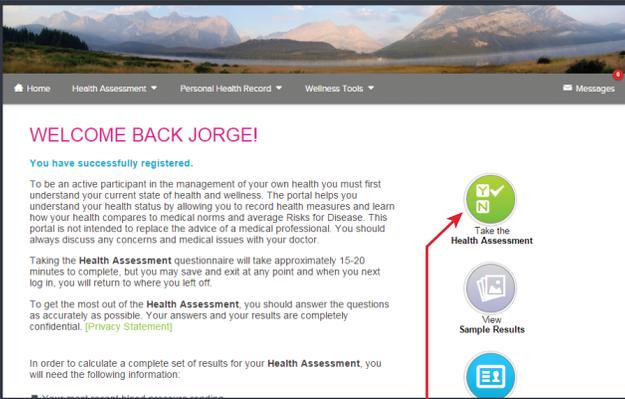
Taking the Personal Health Assessment entitles you to a \$25 incentive from AllCare PEBB. The results of the assessment will allow you to access materials specifically tailored to your health needs.

Confidential and Secure

The security of your health information is important to AllCare PEBB. Please view our Terms of Use and Privacy Statement

Be sure to click the box authorizing your access to the information in the account.

2 After logging in, you will see the page below if you have not yet completed the health assessment.



Home Health Assessment Personal Health Record Wellness Tools Messages

WELCOME BACK JORGE!

You have successfully registered.

To be an active participant in the management of your own health you must first understand your current state of health and wellness. The portal helps you understand your health status by allowing you to record health measures and learn how your health compares to medical norms and average Risks for Disease. This portal is not intended to replace the advice of a medical professional. You should always discuss any concerns and medical issues with your doctor.

Taking the **Health Assessment** questionnaire will take approximately 15-20 minutes to complete, but you may save and exit at any point and when you next log in, you will return to where you left off.

To get the most out of the **Health Assessment**, you should answer the questions as accurately as possible. Your answers and your results are completely confidential. [Privacy Statement]

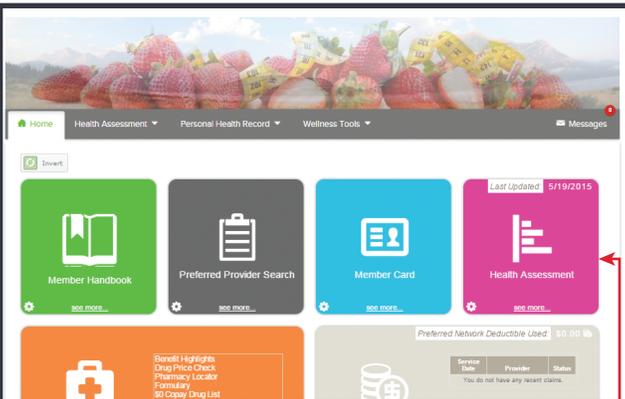
In order to calculate a complete set of results for your **Health Assessment**, you will need the following information:

Take the Health Assessment

View Sample Results

Click the Take the Health Assessment icon.

After logging in, you will see the page below if you have previously completed the health assessment.



Home Health Assessment Personal Health Record Wellness Tools Messages

Member Handbook Preferred Provider Search Member Card Health Assessment (Last Updated: 5/19/2015)

Benefit Highlights Drug Price Check Pharmacy Locator Formulary Specialty Drug List

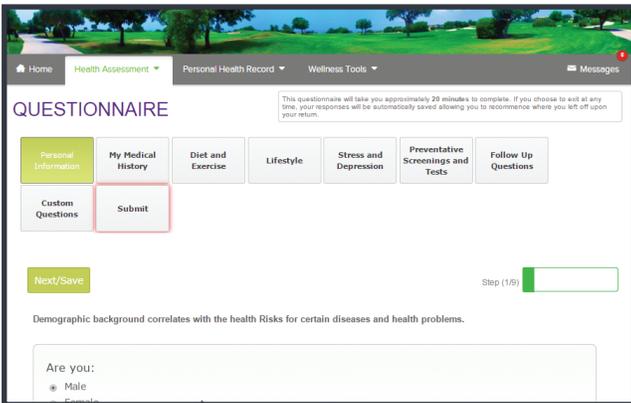
Preferred Network Deductible Used: \$0.00

Service Date Provider Status

You do not have any recent claims.

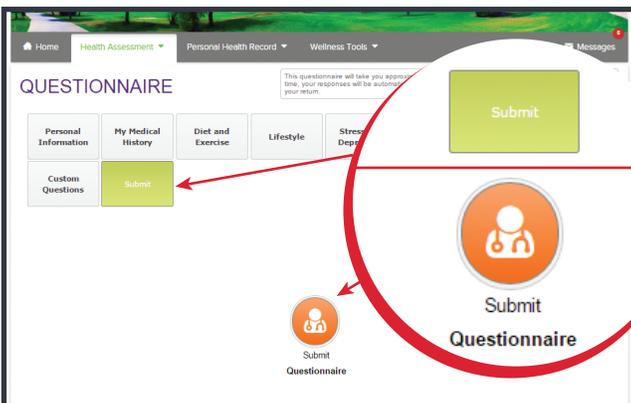
Click the Health Assessment tile to update your health assessment (color and location may change).

3 The health assessment is a questionnaire with eight sections you will need to complete.

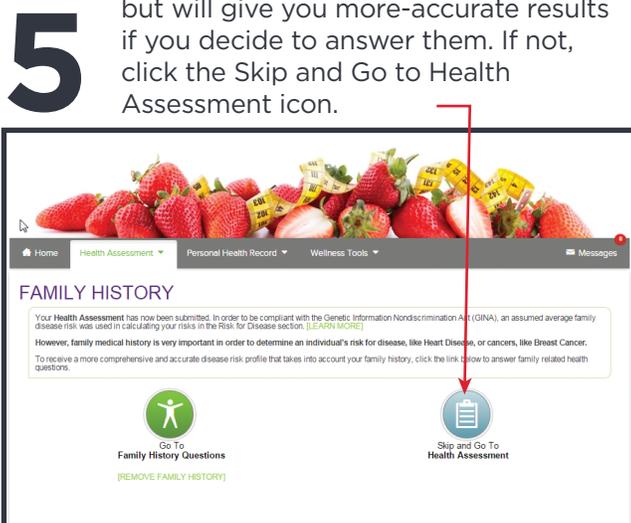


If you have taken the health assessment previously, simply review your answers, updating those that have changed. **Be sure to click the Next/Save button after completing each section.**

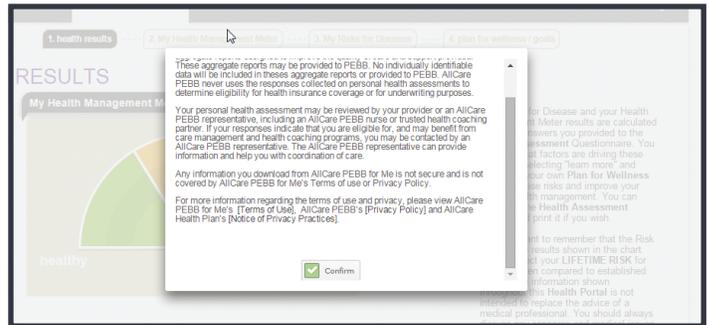
4 After completing the questionnaire, click the Submit Questionnaire icon.



You may be provided with the option to answer questions about your family history. These questions are not required but will give you more-accurate results if you decide to answer them. If not, click the Skip and Go to Health Assessment icon.



6 Choose how you want your answers used. You can share your answers with AllCare Health or allow your answers to be used only as part of a report of all members that does not include your identity.



After reading the terms and conditions, choose the option you agree to. (If you do not choose either, you can close the window. By doing so you will not submit the health assessment and not be eligible to participate in the 2017 PEHB Health Engagement Model (HEM) program.)

7 After you have clicked submit, you have successfully completed your health assessment and can interact with your results.



Clicking on the graphs will provide you with more information, showing items that may raise or lower your risks in each area.

8 Anytime you need to print your completion report, click the Health Assessment Completion Certificate icon on the Health Summary page and choose the required completion report date.

