

Total Health Assessment

Step-by-step guide

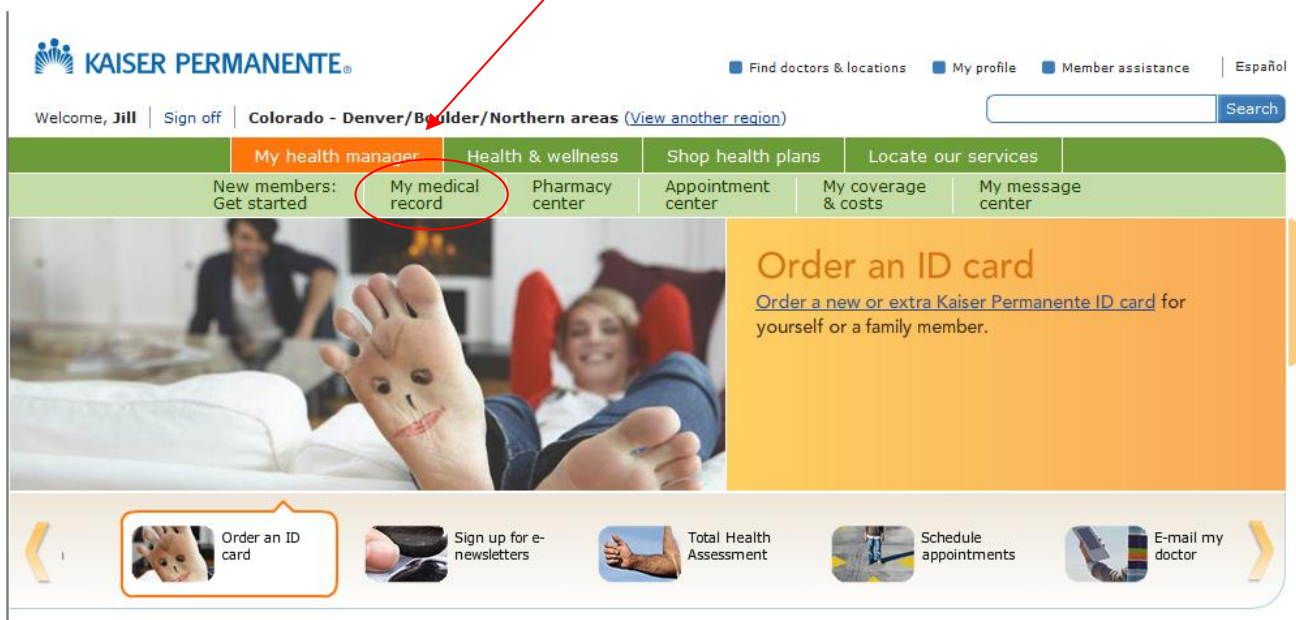
To take the Total Health Assessment, follow these simple steps.

1. Visit kp.org, and **sign-in with your User ID and Password**. If you do not have an ID and password, you will be prompted to create one.



2. Retrieve your height, weight, blood pressure, LDL cholesterol, HDL cholesterol, triglycerides & glucose results. You will be asked to enter these into the assessment. **If you have not had these done, skip to step 4.**

Hold your mouse over the “My health manager” tab; then click on “My medical record”.

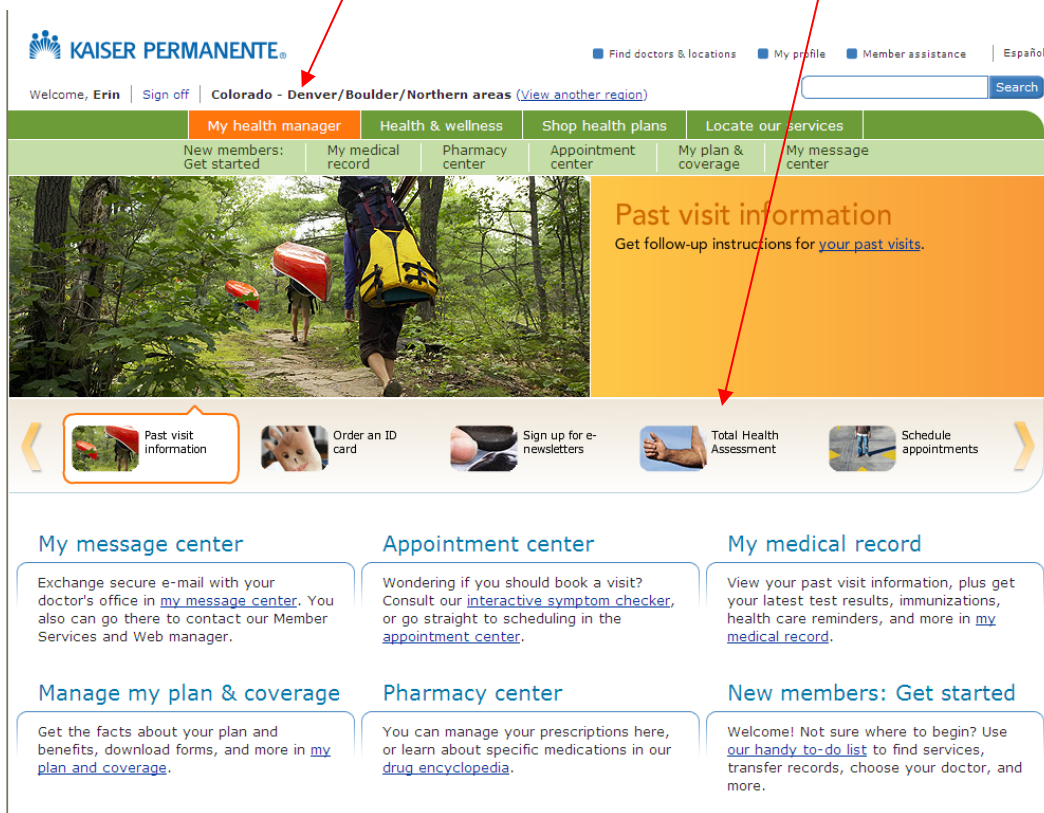


3. Click on “Test results” & “Past visit information” and write down the following numbers:

Height
Weight
Blood pressure
LDL cholesterol
HDL cholesterol
Total cholesterol
Triglycerides
Fasting glucose



4. Next, click on “My health manager”; then click on the “Total Health Assessment” icon.



5. Click on “Total Health Assessment®”.

The screenshot shows the Kaiser Permanente website interface. At the top, there is a navigation bar with the logo, user name 'Beth', and links for 'Sign off', 'Colorado - Southern', and 'View another region'. Below this is a menu with categories like 'My health manager', 'Health & wellness', 'Shop health plans', and 'Locate our services'. The main content area features a large heading 'Evaluate your total health' and 'Total Health Assessment'. A red arrow points to the 'Total Health Assessment' link in the text. Below the heading, there is a question: 'When was the last time you took an in-depth look at the way you live every day?'. To the right of this question is a 'Printer friendly' button. Below the question is a photo of a family and a paragraph of text. A red circle highlights the 'Total Health Assessment' link in the text. To the right of the main content area, there are three sidebars: 'Guidelines for your area', 'My health manager', and 'Important updates'.

6. You must agree to the Terms & Conditions page before moving forward with completing the THA.

The screenshot shows the Terms & Conditions page for the Total Health Assessment. At the top, there is a heading: 'By clicking the "I agree" button below and participating in the Total Health Assessment or any healthy lifestyle program (also known as digital coaching programs), I agree to the following terms:'. Below this heading is a list of four bullet points. The first bullet point states: 'I understand that my specific health information, such as responses to the health-related questions asked in the Total Health Assessment or in any of the healthy lifestyle programs, and any health concern or condition implied by participation in any specific healthy lifestyle program, will be kept confidential within HealthMedia, Inc. and Kaiser Permanente. HealthMedia, Inc. and Kaiser Permanente will not disclose this information without my permission unless permitted by law and as described in the privacy policy.' The second bullet point states: 'I understand that some —but not all—employers and group health plans offer rewards, such as incentives, raffles, or prizes, for completing the Total Health Assessment and/or healthy lifestyle programs. Check with your employer to find out if you have one available to you.' The third bullet point states: 'If my organization offers rewards, I understand that my name, address, the fact that I took a Total Health Assessment and the date of completion and /or the date(s) of completion and the number of healthy lifestyle programs I took may be shared with my employer and/or a reward administrator (my specific health information will not be disclosed). I understand that if I do not agree to the use and disclosure of this information for the purposes of reward administration, that I cannot take the Total Health Assessment or any of the healthy lifestyle programs.' The fourth bullet point states: 'In addition, HealthMedia or Kaiser Permanente may provide my employer aggregate information as part of a group summary report (my specific health information will not be disclosed). An aggregate report means that no individual can be identified in the report.' Below the list of terms is a checkbox with the text: 'I agree to the use of my individual data as outlined above.' The checkbox is checked, and the entire line is circled in red. Below the checkbox are two buttons: '< Previous' and 'Next >'. At the bottom of the page, there is a footer with links for 'Help', 'Privacy Policy', and 'Terms of Use', and the website URL 'kaiserpermanente.org'. Below the footer is a copyright notice: '© HealthMedia, Inc. 1999 - 2010 All rights reserved.'

7. Click “Go” (or “Retake” if this is not your first time taking the THA) in the **Total Health Assessment program** and complete the assessment. (Look for the big sunflower)

KAISER PERMANENTE.
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RETAKE AVAILABLE

What would you like to do today?

Total Health Assessment, Take two!

What's better than an assessment of your health? How about an updated assessment? To retake *Total Health Assessment*, click "Retake" and compare where you are now with where you started.

Last plan created on 05/31/2012

[Detail](#) [Retake](#)

RETAKE AVAILABLE

Deal with stress.
HealthMedia® RELAX™ puts your sources and symptoms of tension under a microscope, then reveals...

Eat healthier.
HealthMedia® NOURISH™ offers on one nutritional counseling to h...

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