

# TODAY I WILL

*prepare to take the  
MyHealth Assessment.*

## What to know before you take the MyHealth Assessment

Taking the MyHealth Assessment at [anthem.com](http://anthem.com) is a great way to get a current snapshot of your health and any potential at-risk areas. It's free, confidential and may only take about 15 minutes to complete.

To help you prepare, you'll need to gather some information first. Doing so will help make the process go a little faster so you can get your results faster too. Here are a few things you'll need before you log in:

- Your member ID card - When you register for the first time, you'll be asked to enter your group/policy number. That number is printed on your member ID card.
- Your height and weight
- Your blood pressure, blood sugar (glucose), cholesterol (total cholesterol/HDL/LDL) and triglyceride values if you know them.
- Any conditions such as allergies, diabetes, depression, asthma, etc. your doctor may have diagnosed.
- The month and year of your last check up and any screenings that may apply to you, such as:
  - Mammogram
  - PSA test (a test for prostate health)
  - Colonoscopy

- Vision exam (including screening for glaucoma)
- Dental exam
- Flu shot

Additionally, you'll be asked questions about your current lifestyle, including typical eating habits, exercise routine, stress level and if you take any medicines.

### NOT SURE WHEN YOUR LAST CHECK UP WAS OR WHAT YOUR TEST RESULTS WERE?

If you don't know these dates or numbers, just answer "I don't know" or "unknown" on the health assessment questionnaire. Your personal health summary will be calculated accordingly and may encourage you to get these important health checks. Or, call your doctor for the information if possible.

A handy **MyHealth Assessment Checklist** is provided on the back of this flier.

This checklist is meant to help you capture the results of the health exams you've received into one, easy-to-follow chart. Refer to this convenient list when you're ready to take the MyHealth Assessment. Contact your doctor for any dates and/or results you may not know.

TEST	RESULTS
Height	
Weight	
Blood pressure:	
Systolic pressure (top number)	
Diastolic pressure (bottom number)	
Blood sugar (glucose) level	
Cholesterol levels:	
Total cholesterol	
LDL cholesterol	
HDL cholesterol	
Triglycerides	

The month and year of your last check up and any screenings that may apply to you, such as:

Mammogram \_\_\_\_\_

PSA test (a test for prostate health) \_\_\_\_\_

Colonoscopy \_\_\_\_\_

Vision exam (including screening for glaucoma) \_\_\_\_\_

Dental exam \_\_\_\_\_

Flu shot \_\_\_\_\_

### Getting Your Results

Once you're done, the MyHealth Assessment will compile your answers, then generate your health score and personal health risk profile. It will also give you tips on how to improve your score, including a Take Action guide to your wellness options. This information is meant to help you reduce your risk for serious health issues and enjoy living well.

Share the results with your doctor and ask him/her for guidance as well.

### Registering/Logging in to the MyHealth Assessment

To locate the MyHealth Assessment, log in to [anthem.com](http://anthem.com) and click on "Health & Wellness". Not registered? Sign up now for access to personalized services and resources.

Congratulations on taking the first step to a healthier lifestyle!



**There is no cost to you to take the MyHealth Assessment. Your identity & any information you provide or receive will remain confidential.**

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