



**Feeling in the pink?
Maybe wondering
about your risk for a
health condition?**

Our online health assessment
is quick and easy - and can help!

Anthem 

Take the first step – complete the Health Assessment and earn incentive rewards*

Whether you're in the best health of your life, or have a little work to do to get where you need to be, Anthem's MyHealth Assessment is an easy way to get the information you need to help either maintain your routine with confidence, or get back on a healthy track.

- In about 15 minutes, this detailed health assessment tool walks you through a series of questions designed to make you aware of potential health risks.
- Once you've completed the questions, your answers are tabulated into a report card explaining your potential risks for specific health conditions such as heart attack, diabetes, depression and stroke.
- You'll also receive comparative results information for those of your gender and age (generic results only – see our **Privacy Policy** on the Health Assessment webpage [directions below] to see how we protect you).
- Your takeaway is instant feedback on how changes in your behavior may help improve your ability to avoid serious health conditions in the future.

Things you'll need

If you haven't had a recent physical from your primary care doctor, you can simply call his or her office for this information. You'll need:

- Blood pressure level
- Blood sugar level
- Cholesterol and triglyceride values
- And, height and weight

Getting to the Health Assessment webpage

Log on to **anthem.com**, log in to Member Services, and then click on “MyHealth Assessment” under “Health Tools & Resources.”

*Refer to your plan summary for details on rewards.

Additional Resources

- Discovery Channel website: *Discovery Health* (May 2008): health.discovery.com/tools/assessments.html
- RealAge website: *Wellness Center: Assessment/Quiz* (May 2008): realage.com/health_guides/hg_entry.aspx

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia (serving Virginia excluding the city of Fairfax, the town of Vienna and the area east of State Route 123): Anthem Health Plans of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin (“BCBSWI”) underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (“CompCare”) underwrites or administers the HMO policies; and CompCare and BCBSWI collectively underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. © ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.