

TAKE CONTROL of YOUR HEALTH



live **well** be **well**

TOTAL HEALTH ASSESSMENT

Take the Total Health Assessment and in just 30 minutes discover something about yourself. Need more reasons to complete the Total Health Assessment? KP will donate \$50 to organizations that make a healthy difference in our communities for each person who completes the THA.¹ And, one of our 2011 performance goals is directly tied to the THA—take your assessment to help increase the 2011 incentive payout amount.² Bring a printout of your Health Summary to the nearest Health Education Center and you can also pick up a free *The Simple Art of Eating Well* cookbook.

You can take up to 30 minutes from your shift to complete your THA. Answer only the questions you want, but the more questions you answer the more personalized your THA will be.

All THA responses are kept confidential. Kaiser Permanente, your employer, will not receive your individual results. This information is held by HealthMedia, a third-party vendor.

HOW TO COMPLETE YOUR TOTAL HEALTH ASSESSMENT

1. Go to kp.org/hwf
2. Click on the link to start your total health assessment
3. Sign on to kp.org. If you don't have a user ID and password, you'll need to register to create them.
4. After signing on, you'll be directed to the HealthMedia® website. Choose the Succeed™ session. Just look for the sunflower.
5. Click "Go."

1. The charitable donation program is open to Kaiser Permanente benefits-eligible employees and physicians who take a total health assessment in 2011. The Permanente Medical Group physicians, Mid-Atlantic Permanente Medical Group physicians and staff, and Hawaii Permanente Medical Group physicians and staff are not participating in this program. Kaiser Permanente will make one charitable donation for your participation in 2011. The charitable donation does not qualify as a personal tax deduction.

2. As a region, 15 percent of employees must complete the Total Health Assessment to reach threshold. Threshold funding starts at 50 percent of the total payout available for this goal. Goal target is met when, as a region, 30 percent of employees complete the Total Health Assessment. Goal funding is 100 percent of the total payout available for this goal.

FREQUENTLY ASKED QUESTIONS

Q. Is my health information from the total health assessment (THA) and healthy lifestyles programs kept confidential?

A. Yes. **Your personal health information is kept confidential.** Kaiser Permanente, your employer, will not receive your individual results from the total health assessment or healthy lifestyle programs. This information is held by HealthMedia, a third-party vendor.

Q. Do I need to answer all of the questions on the Total Health Assessment?

A. No. Answer only the questions you want, but the more questions you answer the more personalized your THA will be.

Q. Will my employer know if I have activated a kp.org account?

A. No. Your employer will not know if you have activated a kp.org account. You can activate a kp.org account only if you are a Kaiser Permanente member.

Q. What is the total health assessment?

A. The total health assessment, or HealthMedia® Succeed®, can help you understand how your behavior affects your health. It asks you a series of questions about yourself and the way you live. After you complete the questionnaire, the program uses your answers to create a personalized action plan with steps you can take to improve your health.

Q. Can I use paid time to complete my total health assessment?

A. You are allowed up to 30 minutes during your normal shift to complete your THA. **Please schedule an appropriate time with your manager prior to taking your THA.**

Q. What information do I need in order to complete the total health assessment?

A. While taking the total health assessment, you'll be asked for the following information:

- Weight and Height
- Waist measurement
- Blood pressure (within the past 12 months)
- Total cholesterol (within the past 5 years)
- HDL cholesterol (within the past 5 years)
- LDL cholesterol (within the past 5 years)
- Triglycerides (within the past 5 years)
- Blood glucose (blood sugar)
- Immunization history

Having this information on hand will help you complete the assessment more quickly. (Kaiser Permanente members can view most lab test results, immunizations, and past office visit information via My Health Manager at kp.org.) **If you don't have this information, you can still complete the assessment,** but your action plan will be less personalized.

Q. Can I share the results of my total health assessment with my health care team?

A. If you're a KP member, you may choose whether or not to attach the results of your assessment to your electronic health record, which will make them available to your Kaiser Permanente health care team.

Q. Can I claim the \$50 as a tax-deductible donation?

A. No. The donation will be made by KP, so you cannot claim it as a donation on your income tax return.

Q. What are the charitable organizations that have been selected for the Take and Give campaign?

A. Kaiser Permanente Community Benefit has awarded two organizations with a two-year grant for contributions resulting from eligible employees and physicians taking the total health assessment in 2010 and 2011. Wholesome Wave, focuses on increasing access to healthy, fresh, and affordable locally grown food. The National Assembly on School-Based Health Care (NASBHC), focuses on supporting the oral health needs of schoolchildren.

Having problems with your THA? Call the THA Help Desk at 1-866-433-9284 24/7.