

Total Health Assessment Q&A

The Total Health Assessment is an easy-to-use online survey that gives you a big-picture view of your health and personalized recommendations to help reach your goals. Even better, it only takes about 10 minutes – and there's no cost to Kaiser Permanente members.

Q: Where can I sign up or find out more?

A: To get started, sign in to your online account at kp.org/tha. If you haven't registered yet, go to kp.org/registernow.

Q: How does the Total Health Assessment work?

A: After signing in to your online account, we'll ask you some simple questions about your health – like how often you exercise or eat fruits and veggies. From there, you'll get steps and advice to help build healthy habits.

Before you start, it's a good idea to have some health info handy, such as your weight, waist measurement, and recent lab test results.*

Q: What kind of support will I get?

A: You'll get different kinds of support depending on the answers you provide, including:

- Healthy activities you can do in your day-to-day life
- Tips on how to stay aware of your habits and make changes that last
- Tools and resources to help jump-start your wellness journey, including online healthy lifestyle programs

Q: What are healthy lifestyle programs?

A: Our healthy lifestyle programs focus on helping you eat healthy, sleep better, manage chronic conditions, and more. Learn more about all our online programs at kp.org/healthylifestyles.

Q: Can my doctor see my survey results or progress in healthy lifestyle programs?

A: No. Your doctor can only see information from your Total Health Assessment and healthy lifestyle programs if you decide to share it. Feel free to print it out for your next in-person visit or email it to your doctor's office to discuss.

Note: Total Health Assessment results used to be saved in your electronic health record, but not anymore. If you took the survey in the past, your results may still be available online.

Q: How often should I take the Total Health Assessment?

A: We recommend you take it once a year. That way, you can have time to make the most of your personalized recommendations.

(continues on next page)

(continued)

Q: Is my private health information safe?

A: We protect the privacy and security of your personal information, including your protected health information, under HIPPA, the Health Insurance Portability and Accountability Act of 1996, and other state and federal laws. We use administrative, physical, and technical safeguards to help protect your information from loss, misuse, unauthorized access, or alteration.

Q: Is the Total Health Assessment offered in Spanish?

A: Yes. Just go to kp.org/vidasana.

*If you've received care at a Kaiser Permanente facility, you can sign in to your account on kp.org to see if you have recent test results available online.

The Total Health Assessment and healthy lifestyle programs are available to members in all regions except Washington. • Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101