INSTRUCTIONS GUIDE

ON HOW TO COMPLETE

THE “HEALTH ASSESSMENT” TOOL
2015 HEALTH ASSESSMENT

Welcome to the Anthem Blue Cross and Blue Shield Website

Before you are able to take the Health Assessment you need to register with Anthem. If you have already registered continue on to Page 3 of these instructions and begin with item 3.

If this is your first time enrolling in benefits you will need to wait until you have received your medical card before you can register.

If you have your card and have not registered, please click on “Register Now”.

1. Complete the Registration Steps – Step 1

You will need your Member ID which can be found on your ID card (see picture below). Once you’ve completed step one click on “Save and Continue”.
2. Complete the Registration Steps – Step 2

Complete the setup for the Username & Password and continue on to Step 3 for Email Setup and Step 4 for the Confirm Registration.
3. **Home page of your Anthem Account**

Once you have completed the registration for the Anthem, go back to the home page and go to “**Member Log In**” and enter in the Username and Passwords you just created. Click on “**Log In**” when you are ready.

If you already have an account and have forgotten your username or password please click on “**Forgot username or password**”. You will need your Anthem Benefits Member number which can be found on your medical card. The system will prompt you to enter the answers to your security questions that you had chosen when registering your account.

4. **Health & Wellness**

Once you are in to your account, click on the “**Health & Wellness**” tab.
2015 HEALTH ASSESSMENT

Please note: As you start your health assessment you could possibly be timed out half way through the assessment. Please minimize your screen as it is still active just hiding behind another application/screen.

Once you’re done, you’ll receive a detailed health report with smiley/sad faces and a personalized action plan to help you focus on your efforts. At this point you are done the assessment; however there are other tracking tools beyond this point if you wanted to browse the website.

Please begin the Health Assessment by following steps 5 – 6.

5. Health Assessment
Under the Health Assessment box, click on the “Take my HA now” link.

The link will take you to the Healthy Lifestyles link where the Health Assessment is housed.
2015 HEALTH ASSESSMENT

You will need to read the entire Terms & Conditions and when ready check off the “I Accept the Terms & Conditions” and then click on “Submit”.

Confirm the “Phone Number” as prompted below and click on “Submit”.

Page 5
6. Three Steps to Well-Being

“Take your first steps now” – click on the “Well-Being Assessment” and you are well on your way to completing the Health Assessment. The rest of the process is navigational by you and will take approximately 30 minutes.