

HEALTH BENEFITS E-NEWS

Department of Human Resource
Management
Office of Health Benefits

January 13, 2020

Change in Accessing the Health Assessment for Anthem Plan Participants

Updated instructions are below for accessing the Anthem Health Risk Assessment as well as Anthem Health and Wellness Program information. **As a reminder, completion of the Health Risk Assessment is a requirement for eligible COVA Care participants to earn premium rewards.**

Please communicate these important new instructions to employees as soon as possible to ensure access to this information.

Anthem Health Risk Assessment

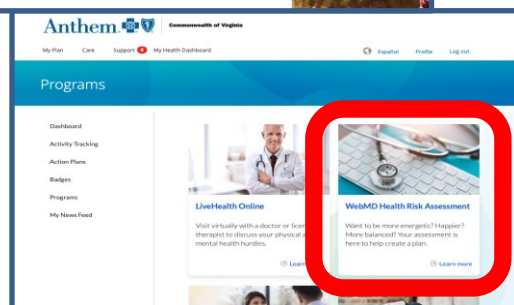
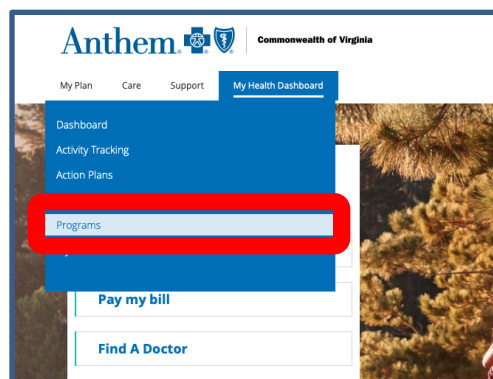
Login at: www.anthem.com

1. Select *My Health Dashboard* from the top navigation menu
2. Select *Programs*
3. Under *Programs*, select “Learn more” on the *WebMD Health Risk Assessment card*
4. Click “Start your assessment” to begin

Here is a link to the [Health Assessment Navigation Guide](#) for your reference.

Anthem Health and Wellness Programs

In addition, the *My Health Dashboard > Programs* section now features all Anthem Health & Wellness programs, including information on LiveHealth Online, ConditionCare, the Employee Assistance Program (EAP) and Future Moms.



No Change in Accessing COVA HealthAware Health Assessment

Instructions for COVA HealthAware members to access the health assessment have not changed and may be found in the [Health Benefits E-News dated October 24, 2019](#).

Please do not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at ohb@dhrm.virginia.gov