



# Accessing Your COVA Care Health Assessment



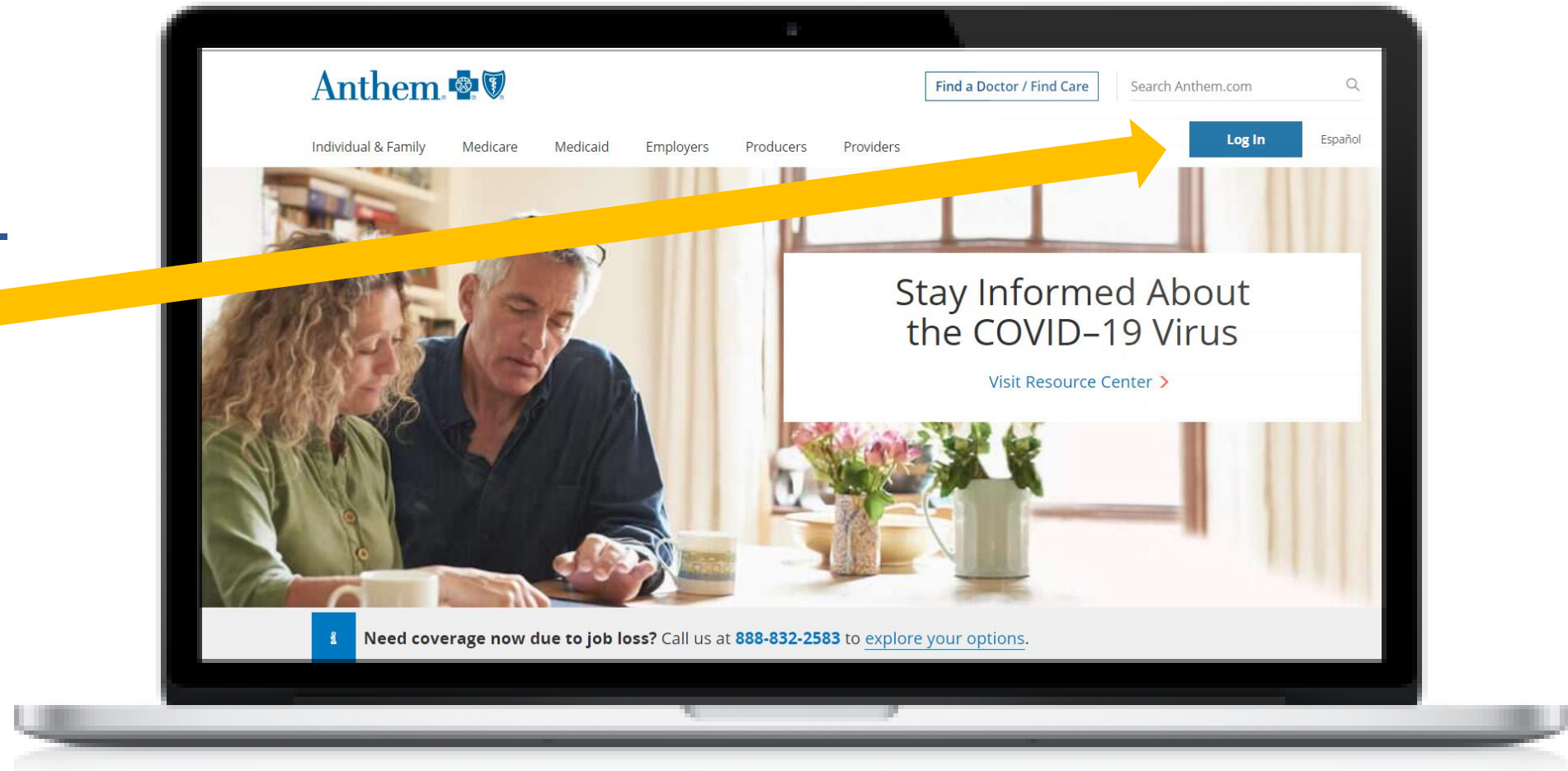
# Accessing via the anthem.com member portal

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# Logging into an existing account/Registering a new account

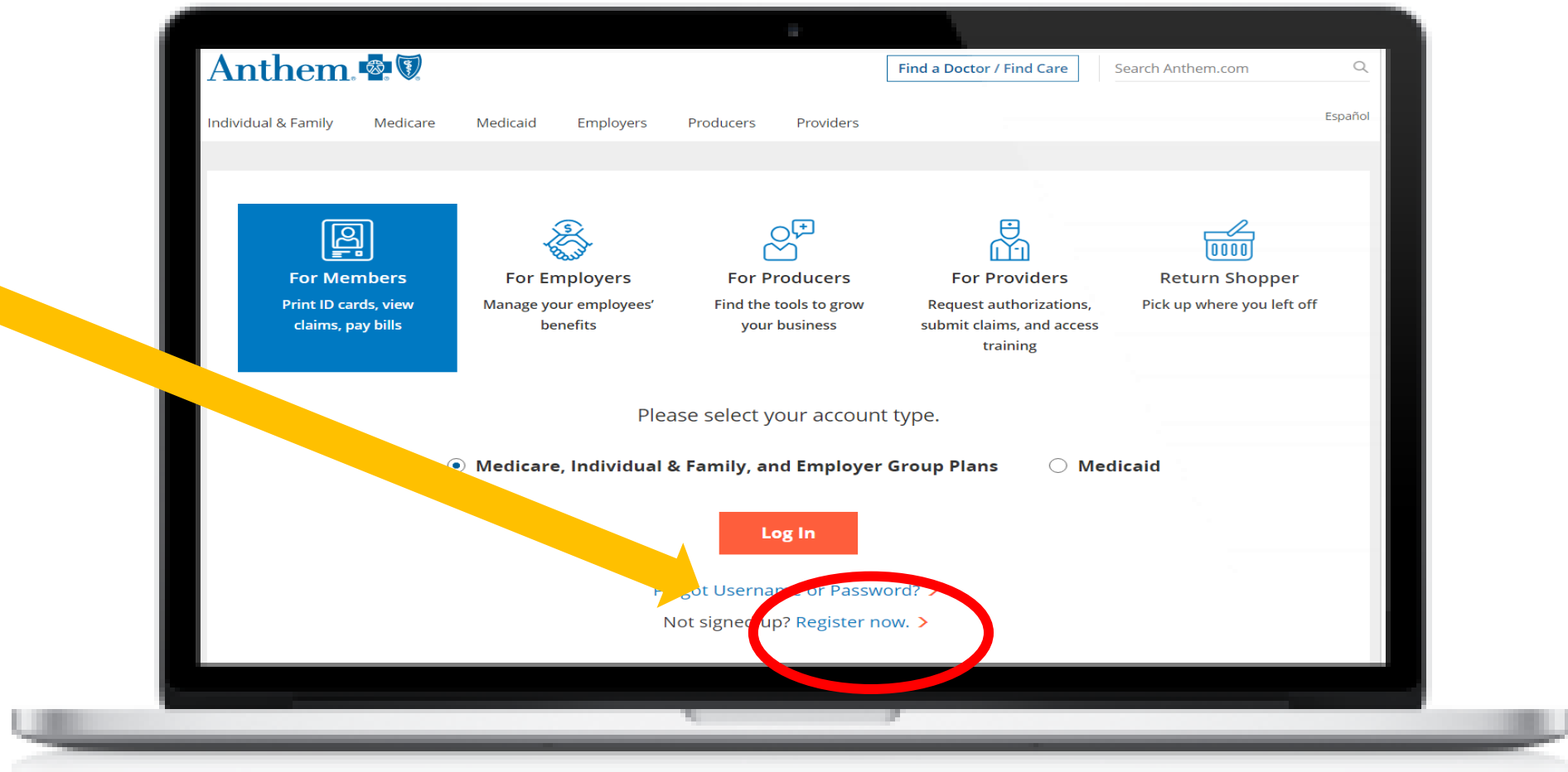
To log in or register for a new account, go to [www.anthem.com](http://www.anthem.com).

Click on **Log In**.



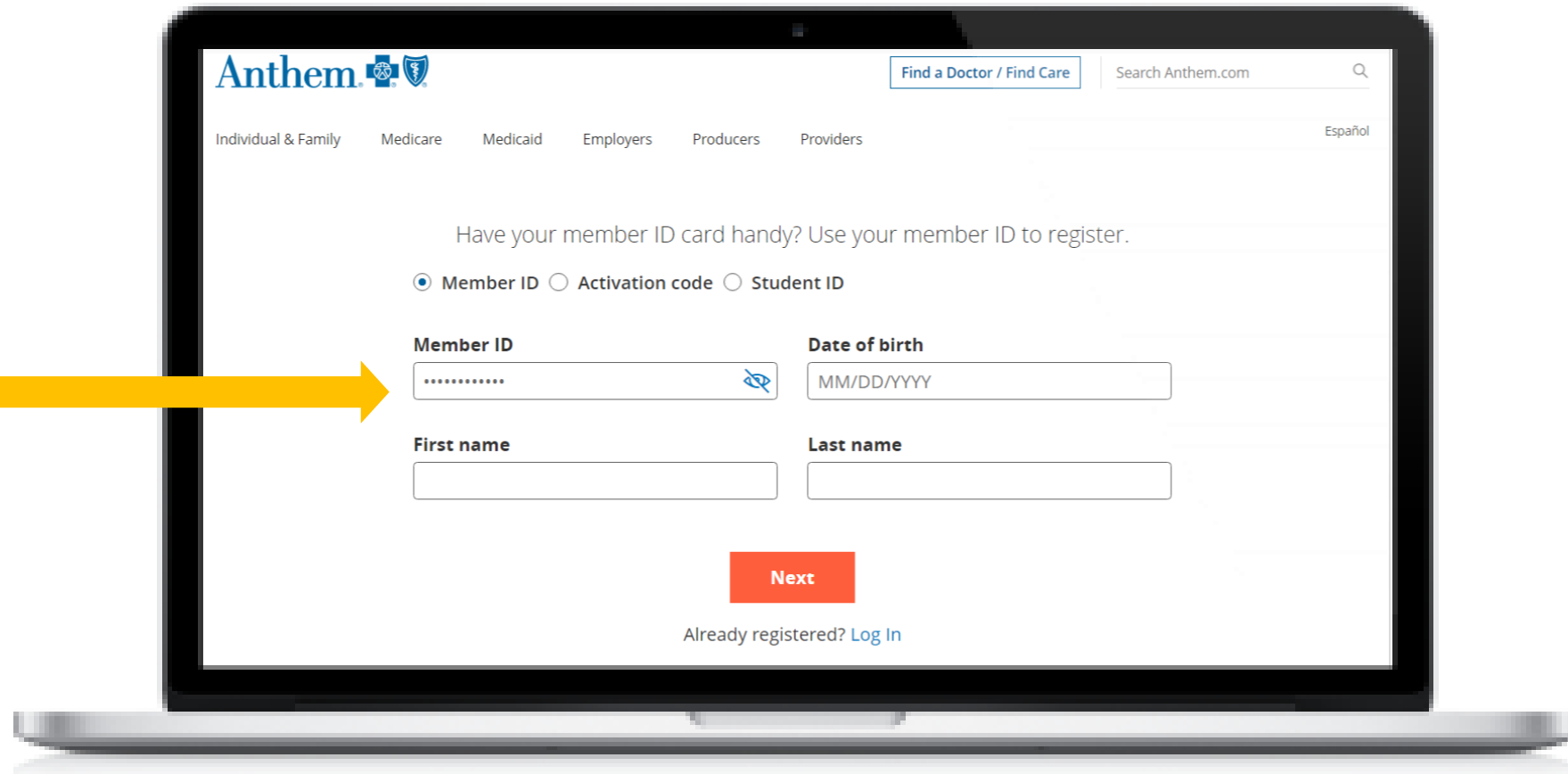
# Registering a new account

To register a new account, click **Register now.**



# Registering a new account

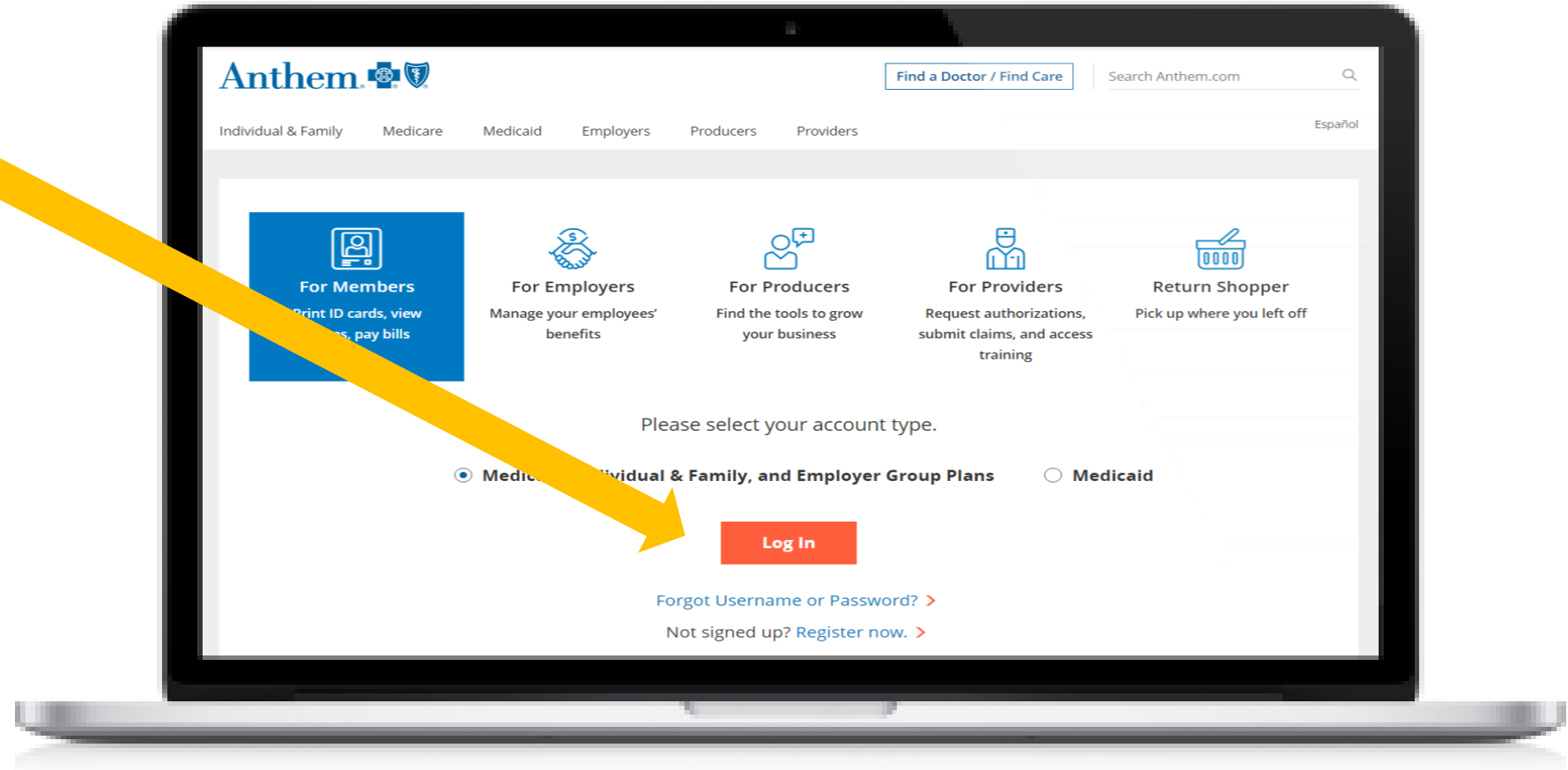
Register for a new account using your **Member ID number** found on your COVA Care ID card.



Complete the step-by-step prompts to complete your registration.

# Logging into an existing account

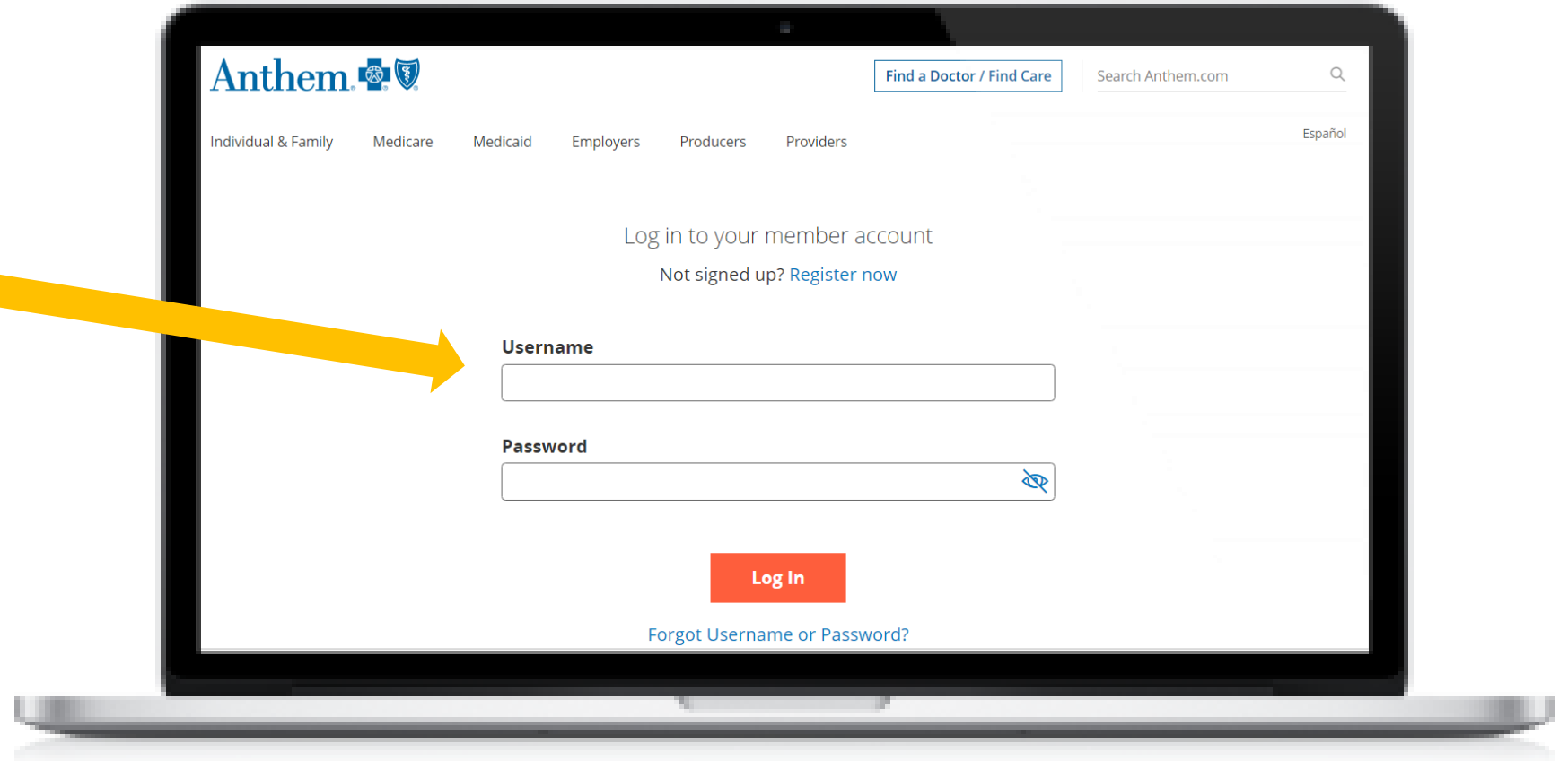
Click on **Log In**  
under For Members.



# Logging into an existing account

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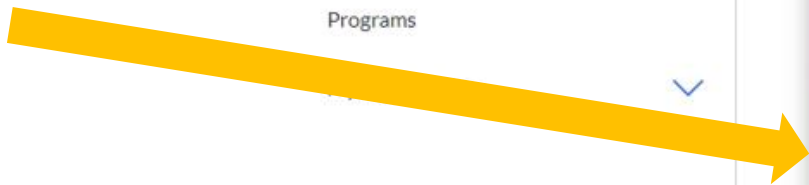
Log in using your  
anthem.com  
**Username** and  
**Password.**



# Accessing your health assessment

Select **My Health Dashboard** from the top navigation menu and select **Dashboard** from the dropdown menu.

My Health Check-in will be at the top. Click **Get started**



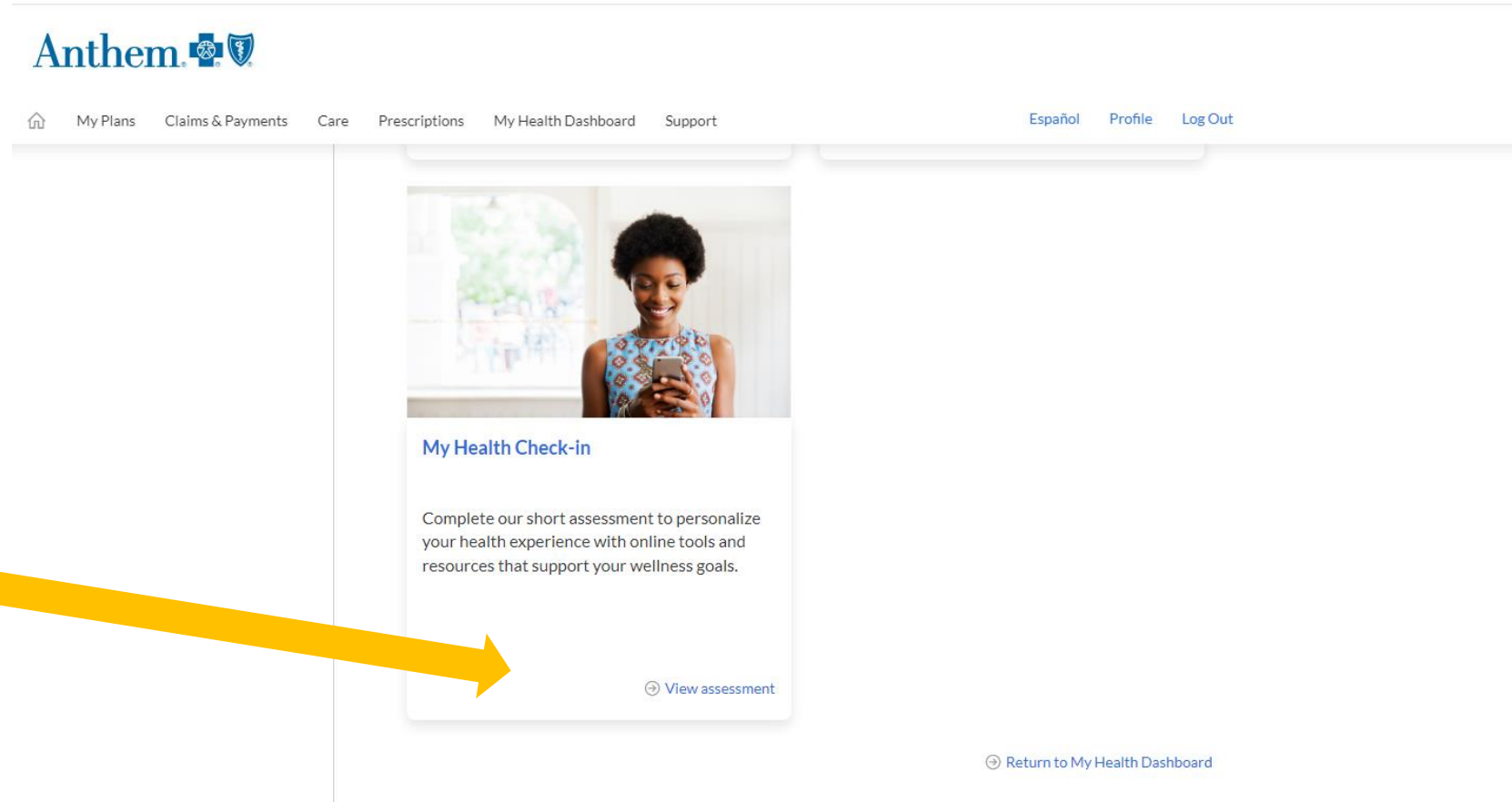
The screenshot shows the Anthem website's 'My Health Dashboard'. At the top, the Anthem logo is on the left, and navigation links for 'My Plans', 'Claims and Payments', 'Care', 'My Health Dashboard' (circled in red), and 'Support' are in the center. On the right, there are links for 'Español', 'Profile', and 'Log Out'. Below the navigation is a blue header with 'My Health Dashboard'. The main content area is split into two columns. The left column has a dropdown menu with options: 'Dashboard', 'Activity Tracking', 'Action Plans', 'Badges', and 'Programs'. The right column is titled 'Manage My Health' and features a purple banner for 'My Health Check-in'. The banner text says: 'Take this short assessment to reveal wellness solutions that can inspire and energize you to meet your wellness goals.' Below the banner is a 'Get started' button with a right-pointing arrow icon. At the bottom of the left column, there is a section titled 'Around The Web'.



# Accessing your health assessment another way

Another way to access is:

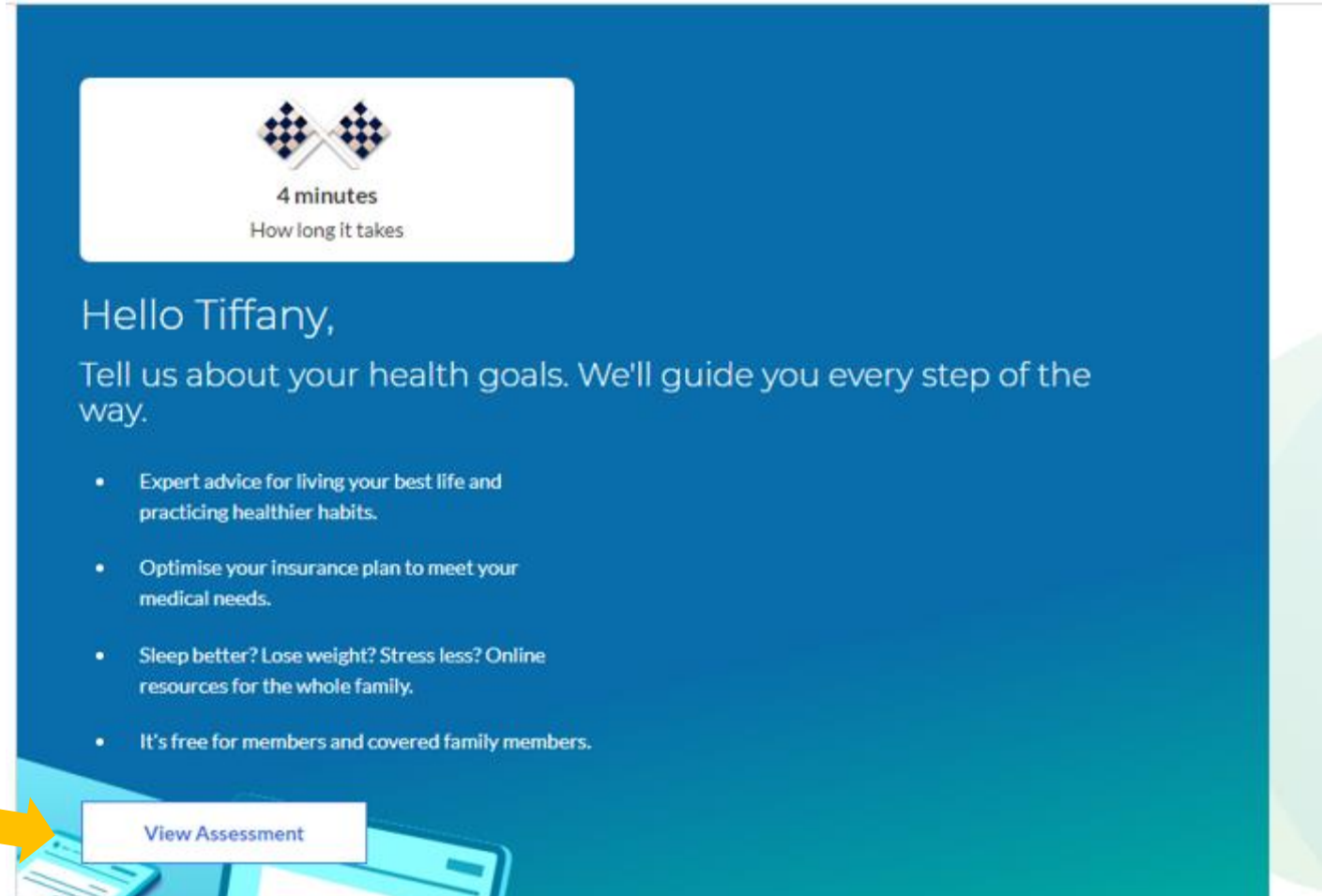
Under Programs, locate the My Health Check-in and select ***View assessment.***



# Accessing your health assessment


At the Welcome page select **View assessment.**

When you have completed the questionnaire, **click Submit**



# Recommendations Page

After completing your health assessment, you will see a list of recommendations based on your answers




Thanks for completing your Health Check-in


Here is how our health experts will support and guide you.

### Recommendations


^ You mentioned you have Asthma, bronchitis. This might help.



ConditionCare



Asthma Action Plan



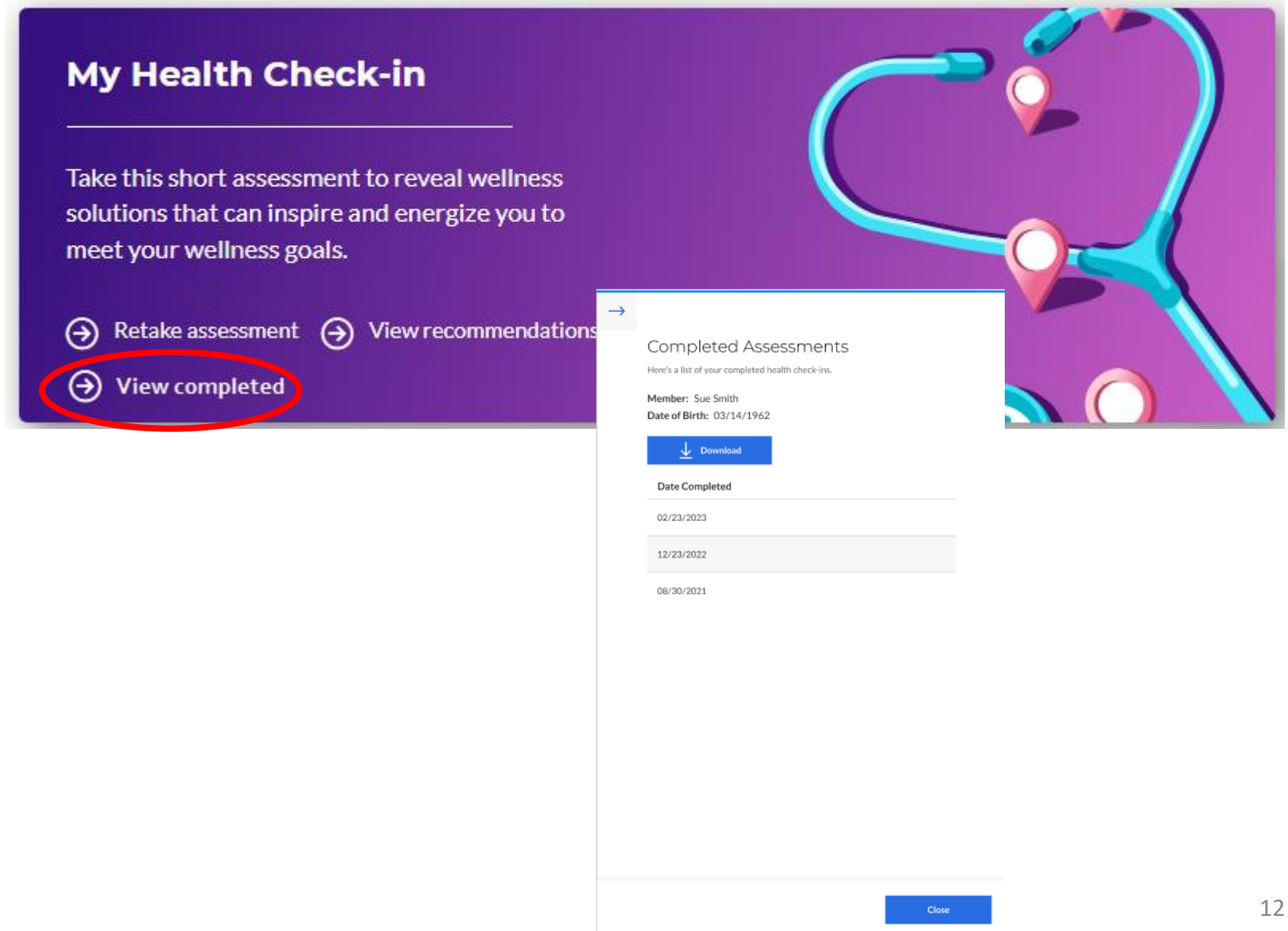
Using an asthma action plan

# Completed Assessments

If you ever have questions about when you completed an assessment, you can access a list from the My Health Check-in page.

Click “View completed”

This will allow you to see the date of your last completion of My Health Check-in

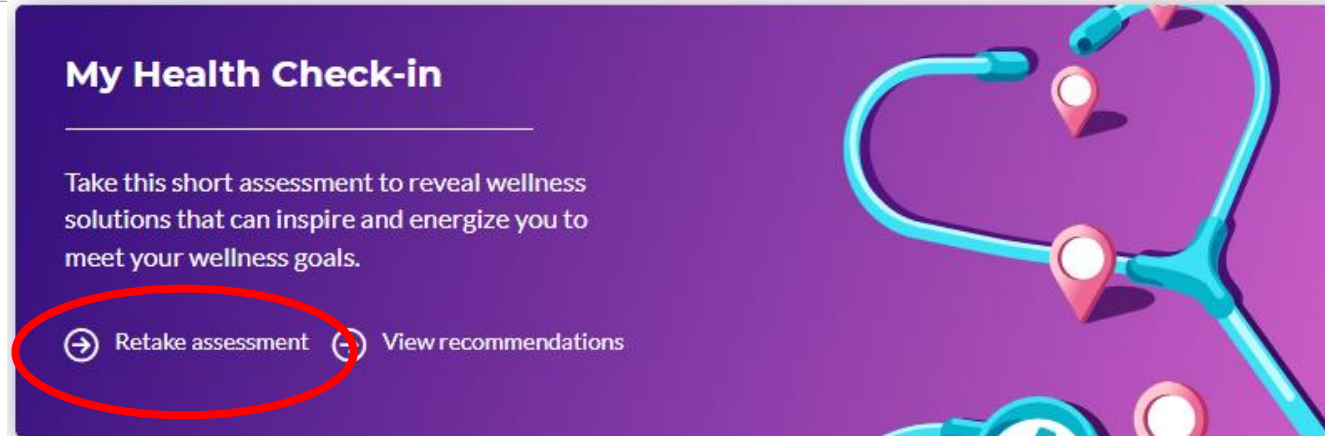


The image shows a user interface for a health assessment. The main section is titled "My Health Check-in" and contains the text: "Take this short assessment to reveal wellness solutions that can inspire and energize you to meet your wellness goals." Below this text are three buttons: "Retake assessment", "View recommendations", and "View completed". The "View completed" button is circled in red. To the right, a modal window titled "Completed Assessments" is open, displaying the following information:

- Member: Sue Smith
- Date of Birth: 03/14/1962
- Download button
- Date Completed header
- 02/23/2023
- 12/23/2022 (highlighted)
- 08/30/2021
- Close button

# Returning Users

If you have already completed the health assessment in the same benefit year, you will see a link to retake the assessment.



If it is a new benefit year, even if you have completed the assessment in a previous benefit year, the link will say “Get started”

