



Accessing Your COVA Care Health Assessment

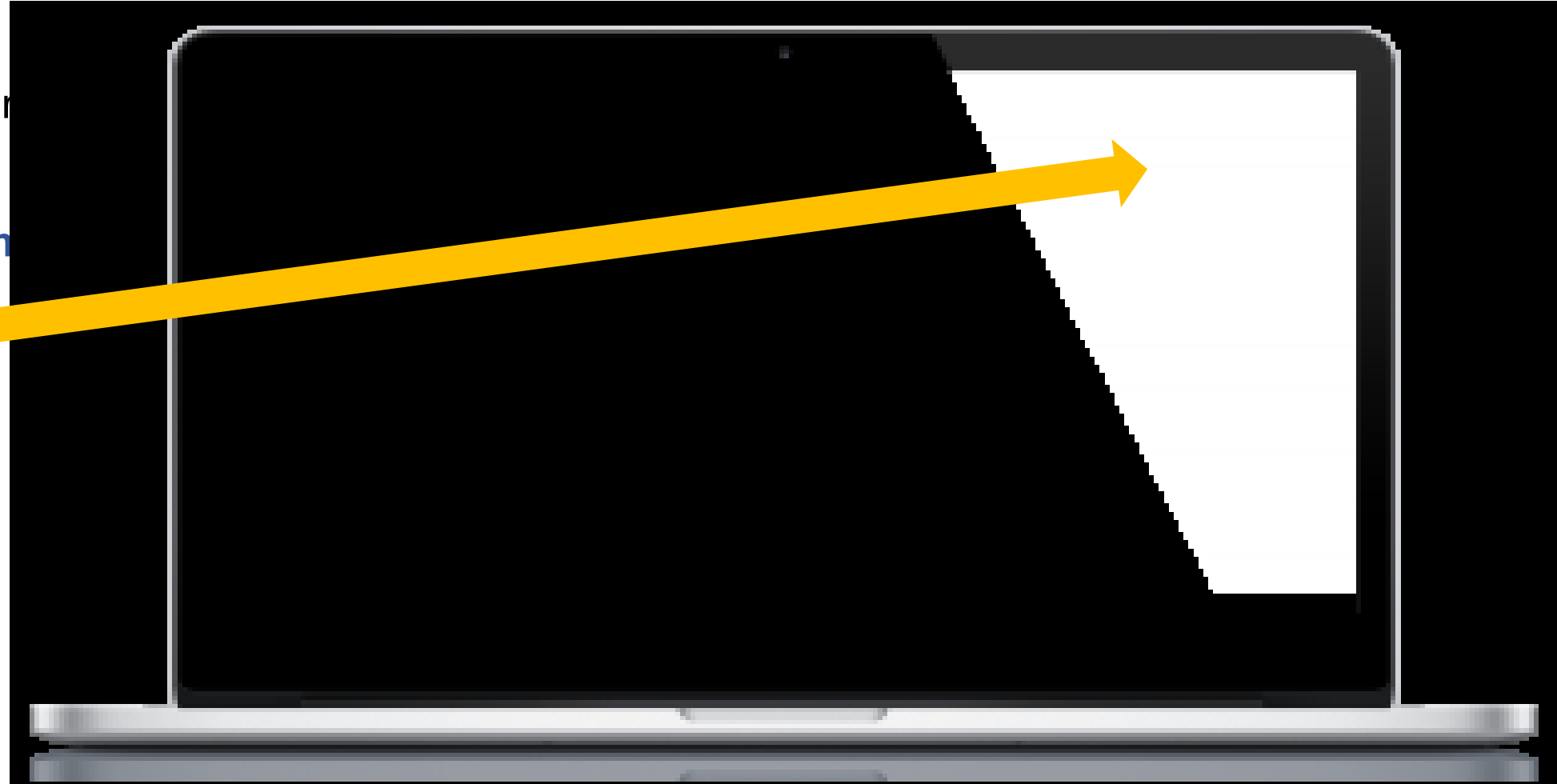


Accessing via the anthem.com member portal

Logging into an existing account/Registering a new account

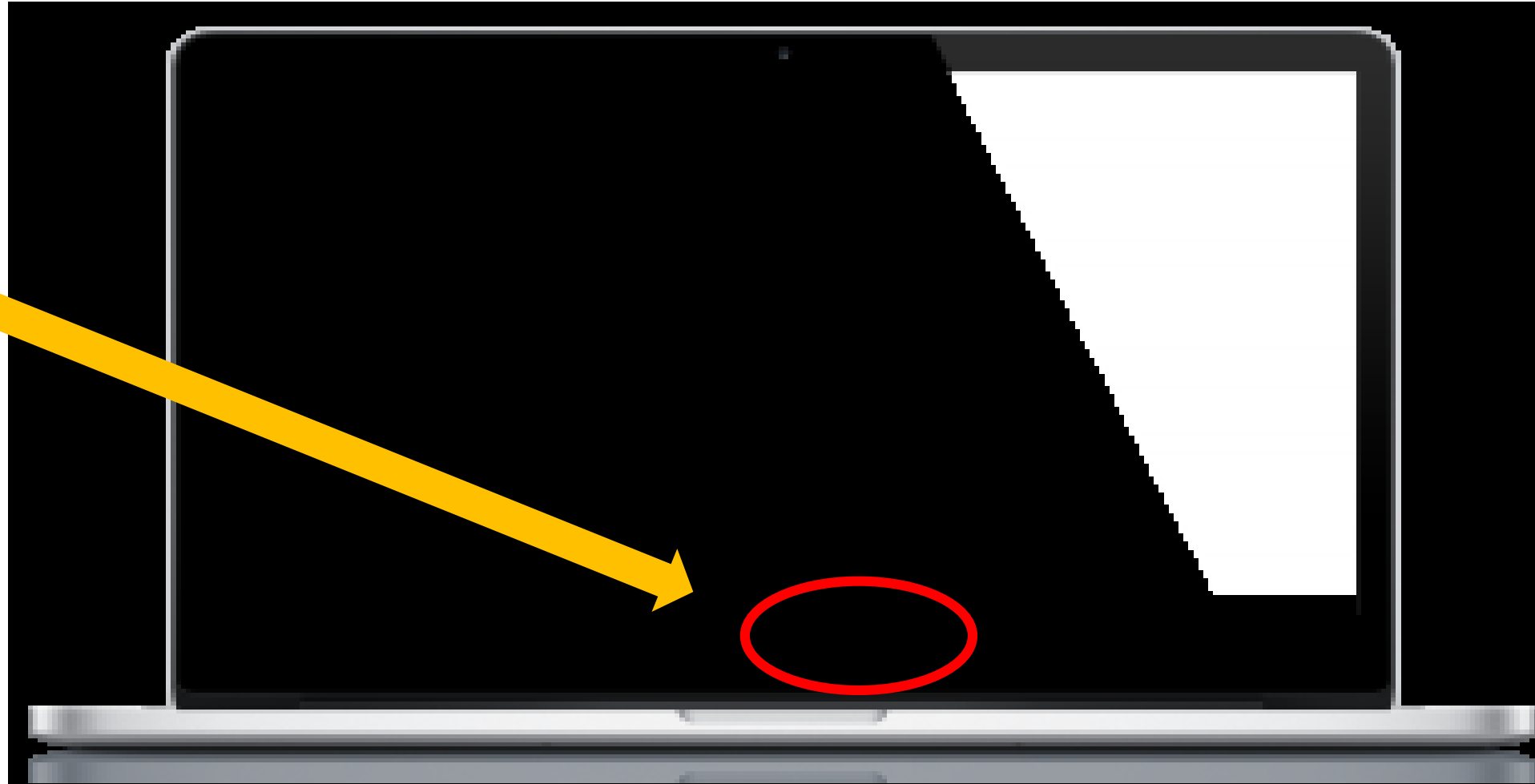
To log in or register
for a new account,
go to
www.anthem.com

Click on *Log In*.



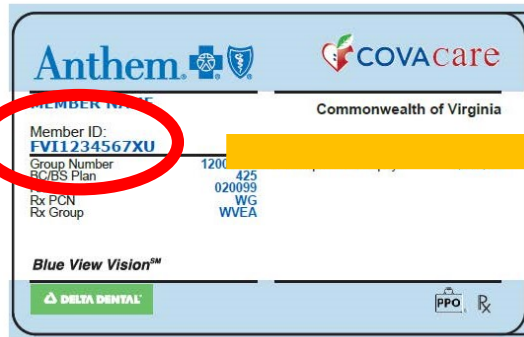
Registering a new account

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.



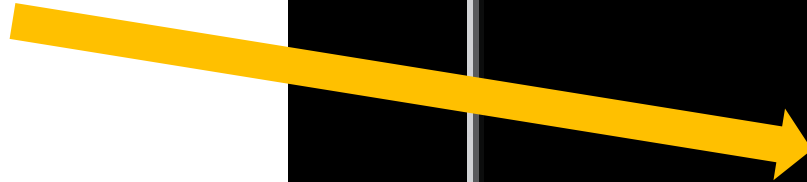
Logging into an existing account

Click on *Log In*
under For Members.



Logging into an existing account

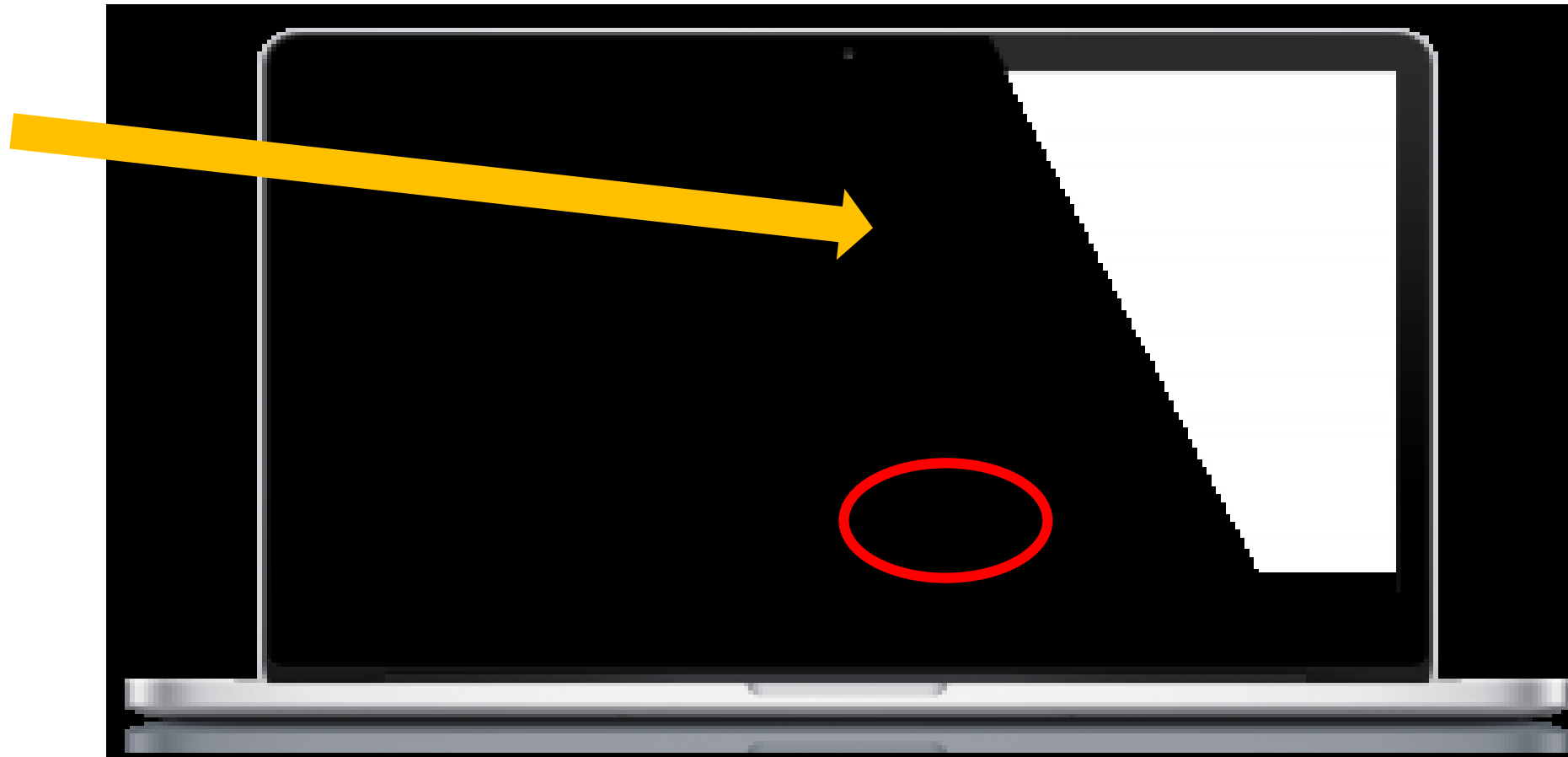
Log in using your
anthem.com
Username and
Password.



Accessing your health assessment

Select ***My Health Dashboard*** from the top navigation menu.

Select ***Programs***.



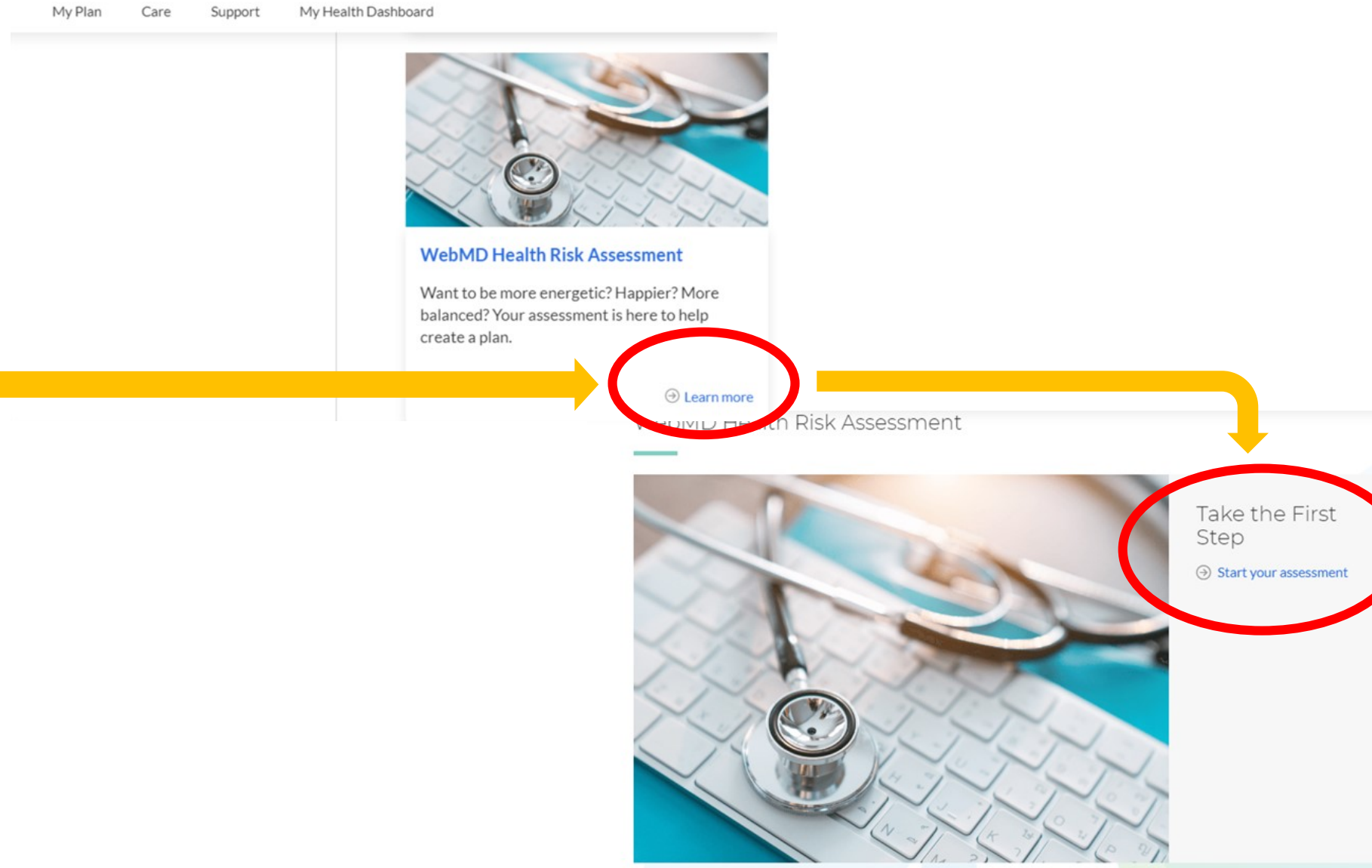
Accessing your health assessment

Under Programs, locate the **WebMD Health Risk Assessment** card and select *Learn more*.

Click *Start your assessment* and complete your assessment.

Please note: If you have completed the health assessment previously, your previous health assessment score will appear. You will then click “Take It Again” to update your assessment.

See pages 13&14 of this guide.



Completing your health assessment

After completing your assessment, you will be asked three questions about Healthy Changes.

Click **“save and continue”** after answering these questions.

The screenshot displays the Anthem Health Assessment interface. At the top, the Anthem logo is visible, along with navigation links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. There are also links for Español, Profile, and Log Out. A blue header bar contains the text "Health Assessment". Below this, a message box states: "Now it's time to think about healthy changes that could make your life better. You don't have to approach these all at once, but this can help you decide where you'd like to start." The first question is "How ready are you to make the healthy changes below?". The options are: "I have no need to", "I have been more than 6 months", "I have been less than 6 months", "I plan to within the next month" (selected), "I plan to within the next 6 months", and "I have no plans to". The second question is "How confident are you that you can make healthy changes?". The options are: "Extremely confident", "Very confident" (selected), "Confident", "Somewhat confident", and "Not at all confident". The third question is "Your health plan may offer programs to help manage health risks identified in this assessment. If you qualify, would you like to be contacted about these programs?". The options are: "Yes" (selected) and "No". A "SAVE & CONTINUE" button is located at the bottom right of the form.

Completing your health assessment

- One final Feedback question will be asked, then you will click “**finish**”

The screenshot shows a web application interface for a Health Assessment. At the top, there is a navigation bar with links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. On the right side of the navigation bar, there are links for Español, Profile, and Log Out. Below the navigation bar is a blue header with the text "Health Assessment".

The main content area is titled "Health Assessment" and includes a progress indicator with three steps: "1. Questionnaire", "2. Next Steps" (which is highlighted), and "Results". Below the progress indicator, there is a breadcrumb trail: "Healthy Changes > Feedback > Results".

The first question is: "Would you recommend this questionnaire to someone else, like a co-worker?". There are two radio button options: "Yes" (which is selected) and "No".

The second question is: "Approximately how long did it take you to fill out this questionnaire?". The user has entered "10" in a text input field, followed by the word "minutes".

At the bottom right of the form, there is a blue button labeled "FINISH".

At the bottom of the page, there is a footer with the following text: "Copyright | Policies | Medical Review | Feedback | WebMD Corporate", "© 2022 WebMD Health Services Group, Inc. All rights reserved.", and "WebMD does not provide medical advice, diagnosis or treatment. See additional information." There are also three accreditation logos: NCCA (National Commission on Certification for Accountancy), URAC (United Reviewers Accreditation Council), and HITRUST CSF Certified.

Save Your Completion Confirmation Page

After completing your health assessment, your new risk score will appear.

Print your confirmation page to save for your records.

Helpful Tip: If you are not able to print your confirmation, take a screenshot and save it to your computer.

The screenshot displays the Anthem Health Assessment Completion Confirmation Page. At the top, the Anthem logo is visible, along with navigation links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. On the right side, there are links for Español, Profile, and Log Out.

The main content area features a large circular gauge showing a **Wellness Score of 53** out of 100. Below the score is a link to "Learn more about your score" and a "TAKE IT AGAIN" button.

To the right, under "TOP ITEMS FOR IMPROVEMENT", three categories are listed: **Safety** (High Risk), **Productivity** (Medium Risk), and **Exercise** (Medium Risk).

Below these categories, a comparison bar shows the user's score (53) and the average score for females (55). The text states: "Optimal you is 100. You scored a 53 out of 100." and "The average score is 55. You scored lower than the average female your age."

At the bottom left, a section titled "Print Your Confirmation" is circled in red. It includes a document icon and the text: "The confirmation includes your name and the time the assessment was completed." Below this is a "Ready to make a change?" section with the text "Start improving your health with one of these activities".

A yellow arrow points from the "Print Your Confirmation" section towards a "PRINT" button located in the bottom right corner of the page.

Returning Users



If you have completed your health assessment previously, completing the entire assessment again is not necessary. You can provide some updated information.

The screenshot shows the 'Wellness Score' section of the health assessment results. The score is 53 out of 100. To the right, there are three categories for improvement: Safety (High Risk), Productivity (Medium Risk), and Exercise (Medium Risk). Below these, a comparison bar shows the user's score (53) and the average female score (55). The optimal score is 100. At the bottom, there is a 'Print Your Confirmation' button and a 'TAKE IT AGAIN' button.

The screenshot shows the 'Next Steps' page of the health assessment. It features a progress bar with '1. Questionnaire', '2. Next Steps', and 'Results'. Below the progress bar, there is a message: 'Now it's time to think about healthy changes that could make your life better. You don't have to approach these all at once, but this can help you decide where you'd like to start.' The main heading is 'How ready are you to make the healthy changes below?'. Underneath, there are two sections: 'Get more cardiovascular exercise' and 'Get more strength-building exercise'. Each section has five radio button options: 'I have no need to', 'I have been more than 6 months', 'I have been less than 6 months', 'I plan to within the next month', and 'I have no plans to'. The 'I have been less than 6 months' option is selected for cardiovascular exercise.

Returning Users

If your health information or health status has changed you will want to update the appropriate fields. However, there are only two sets of questions that **require** updating for returning members.

- Healthy Changes questions
- Health Assessment Feedback questions

After these questions have been updated , be sure to click “**save & finalize**” then “**finish**”.

