



Accessing Your COVA Care Health Assessment

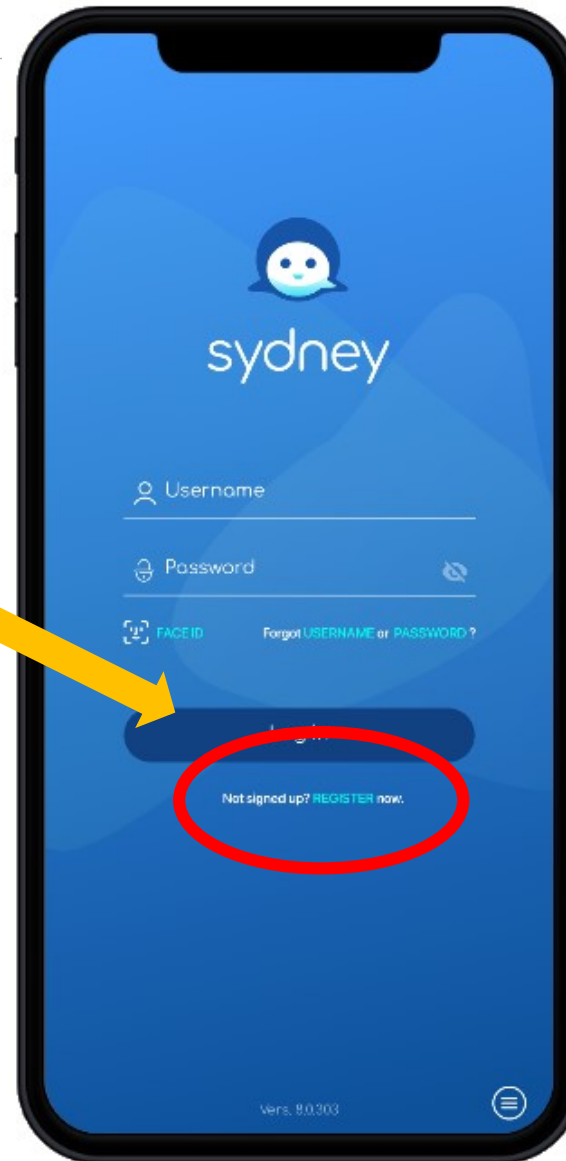


Accessing via the Sydney Health mobile app

Registering a new account

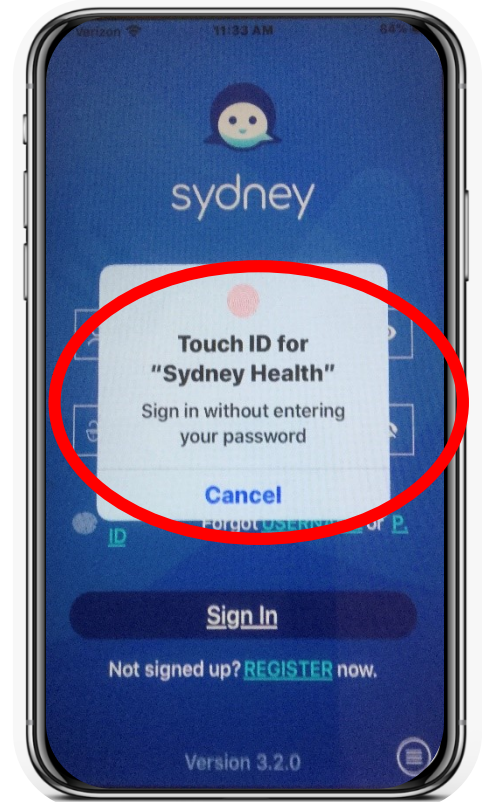
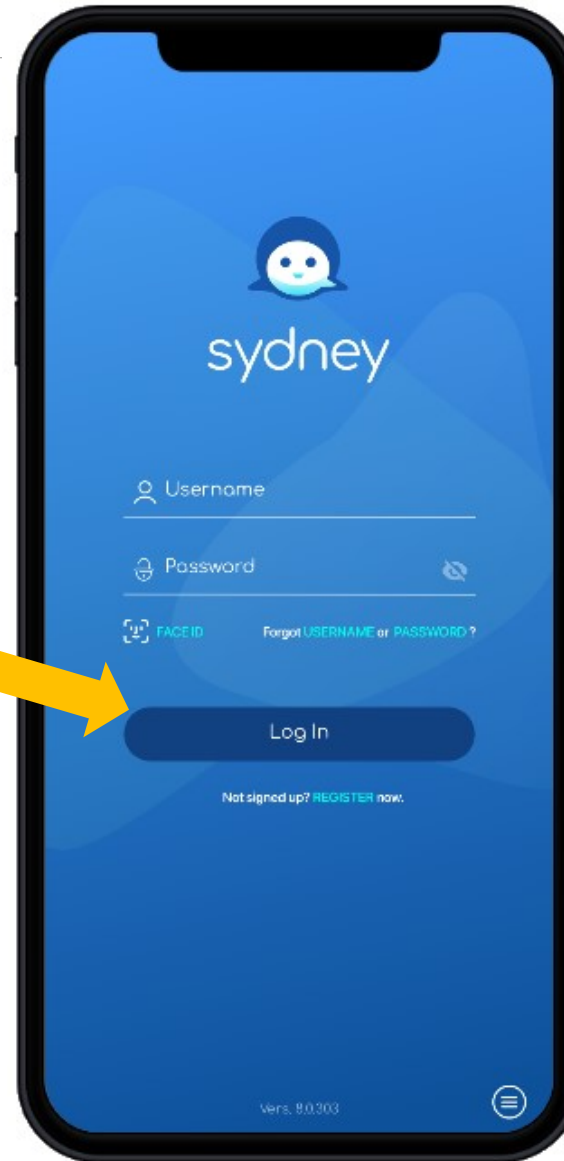
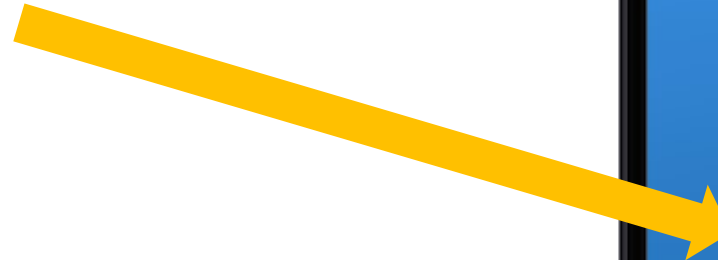
To register for a new account, click on **REGISTER now.**

Follow the step-by-step prompts to complete your registration. You will use the **same Username and Password as your anthem.com login.**



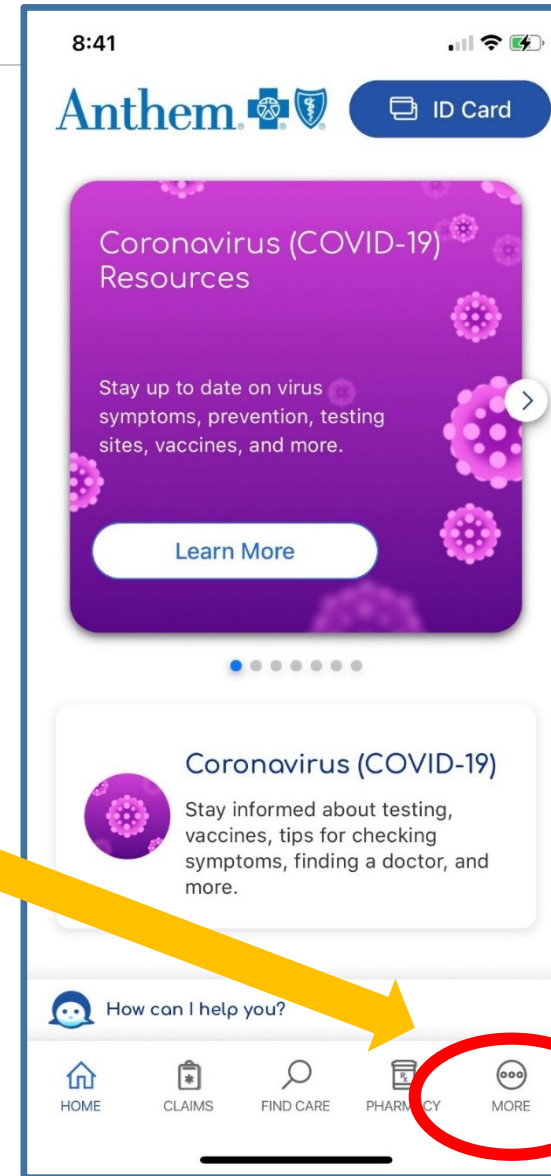
Logging into an existing account

Log in using your username and password or touch ID feature.



Accessing your health assessment

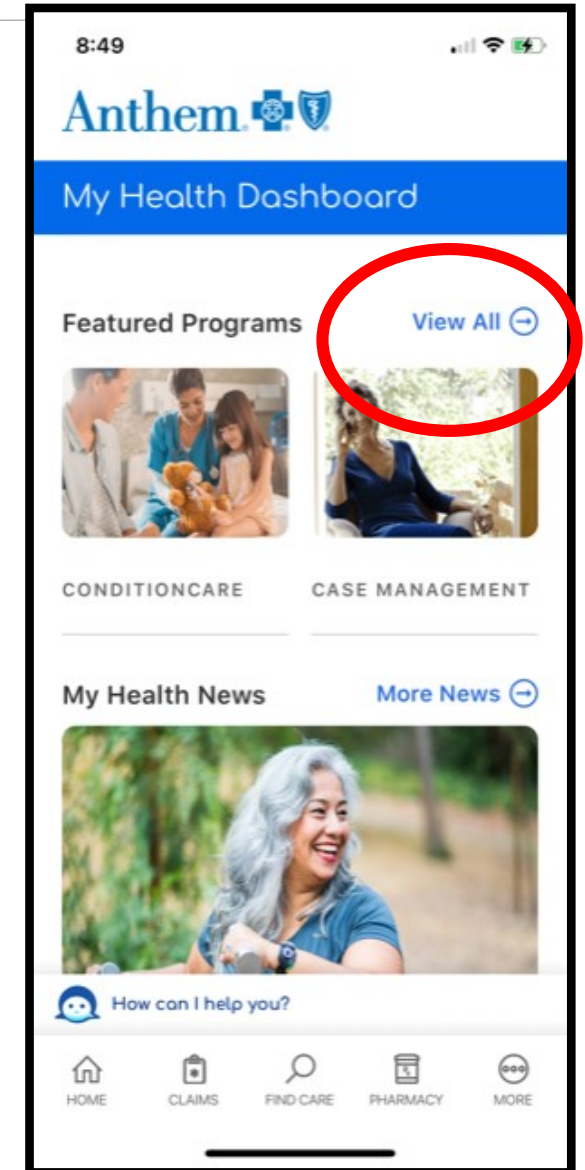
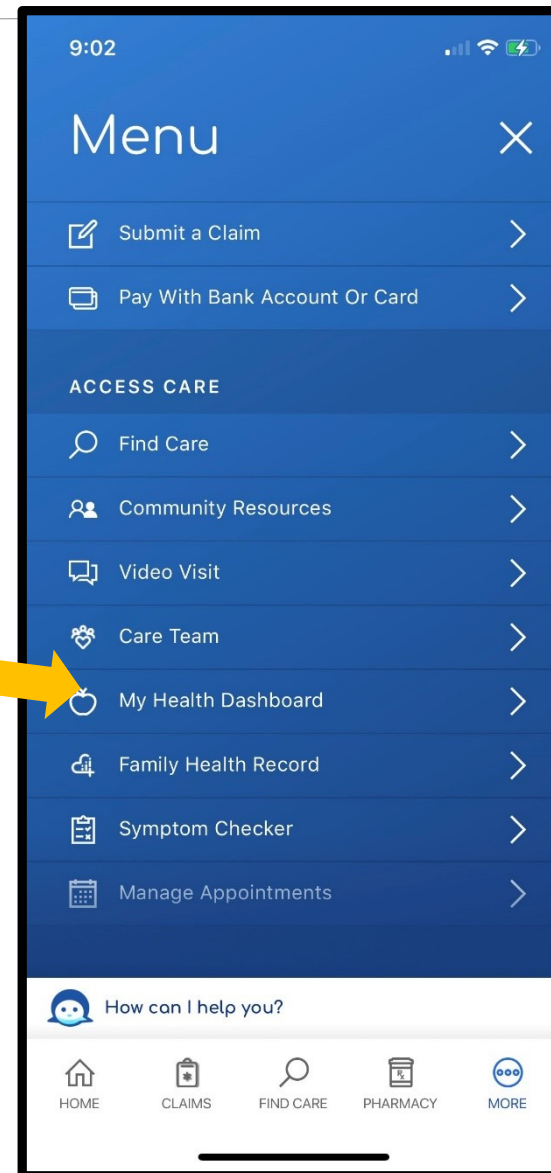
Tap the **More** button from the bottom right menu bar.



Accessing your health assessment

From the main menu, select **My Health Dashboard**.

Under the Features **Programs section** click on **View All**.



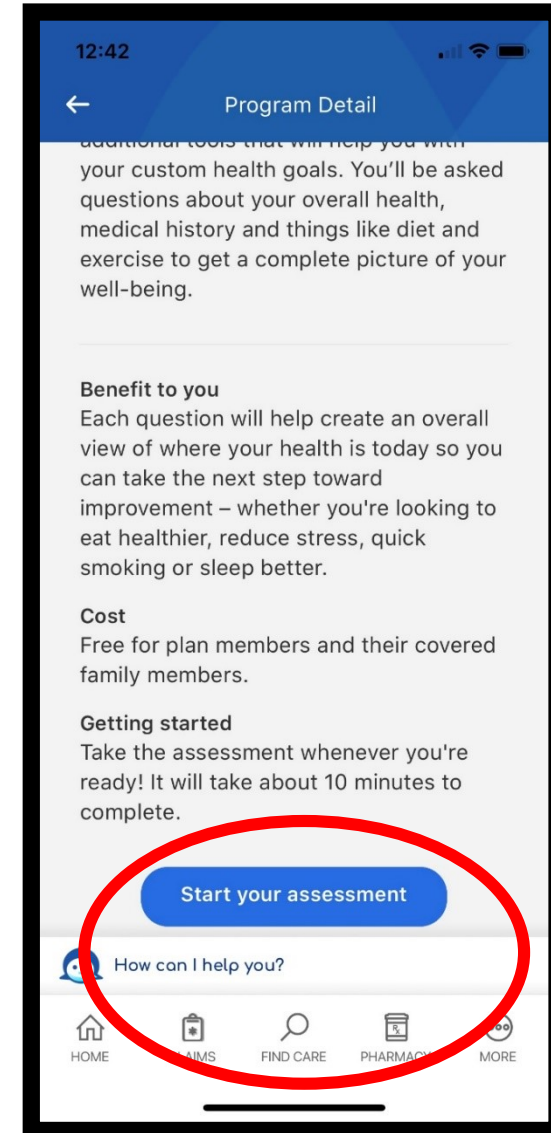
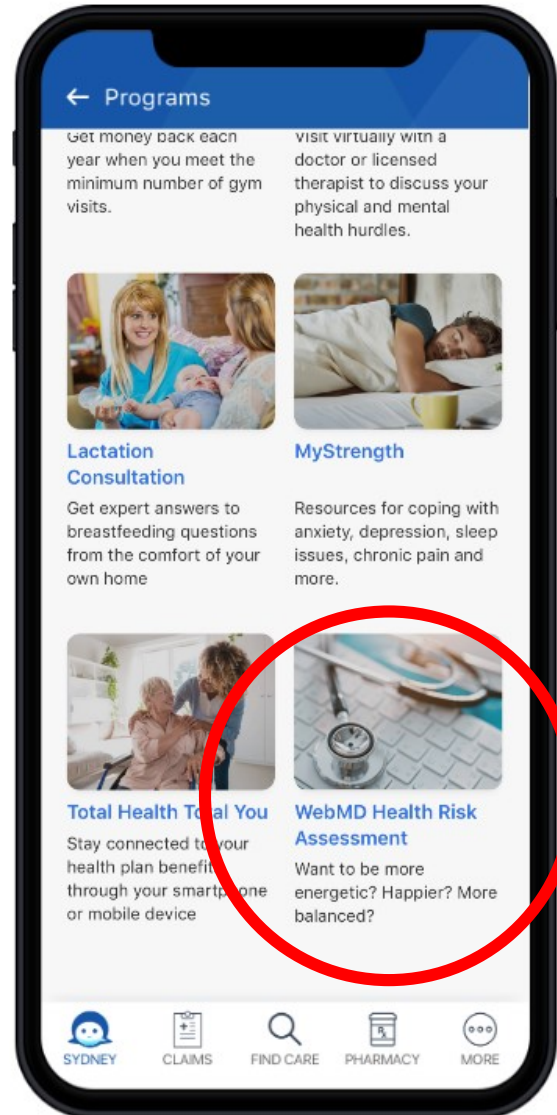
Accessing your health assessment

Scroll down and click on the **WebMD Health Risk Assessment** tile

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 11&12 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.

Anthem

My Plans Claims & Payments Care My Health Dashboard Support

Español Profile Log Out

Health Assessment

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.

How ready are you to make the healthy changes below?

Manage your weight better

- 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
- I plan to within the next 6 months
- I have no plans to

How confident are you that you can make healthy changes?

- Extremely confident
- Very confident
- Confident
- Somewhat confident
- Not at all confident

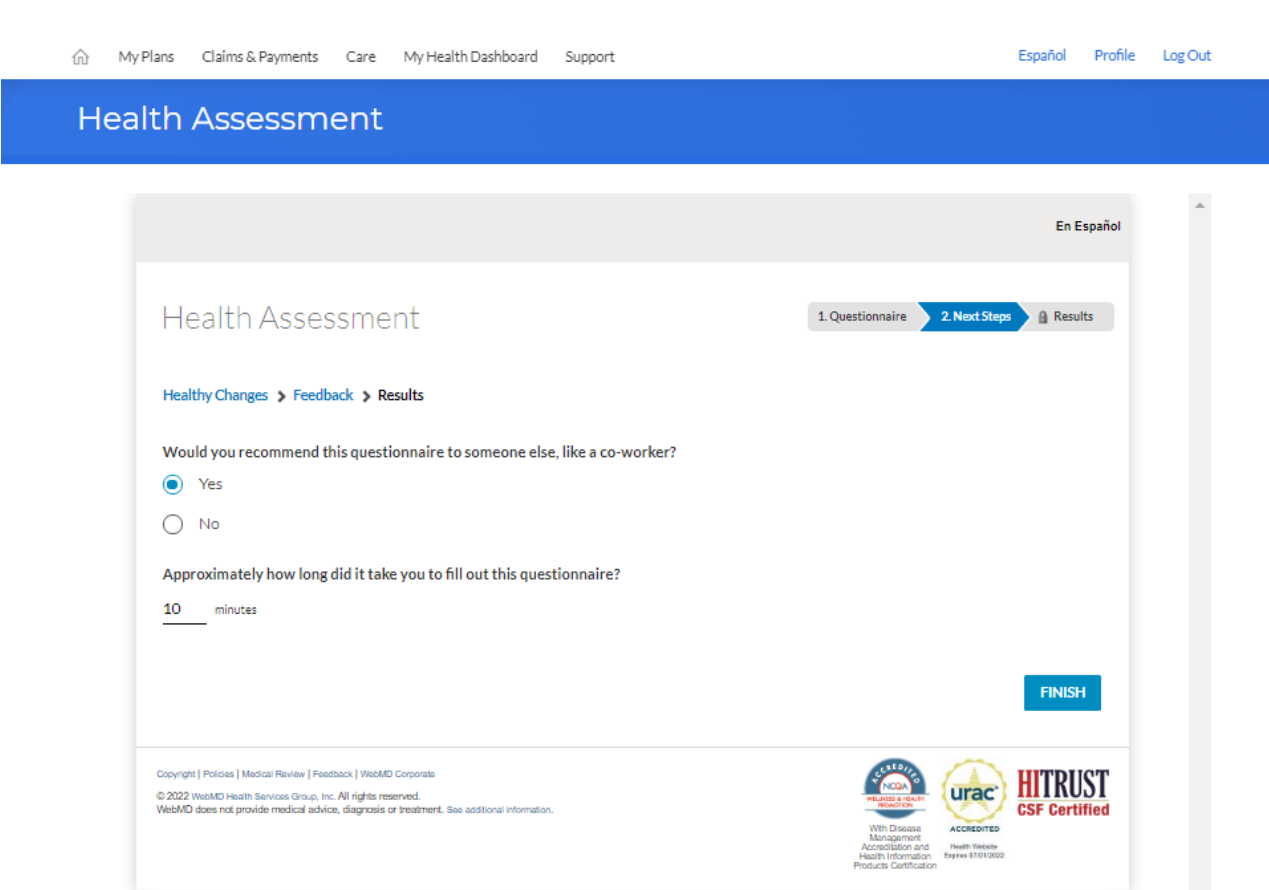
Your health plan may offer programs to help manage health risks identified in this assessment. If you qualify, would you like to be contacted about these programs?

- Yes
- No

SAVE & CONTINUE

Completing your health assessment

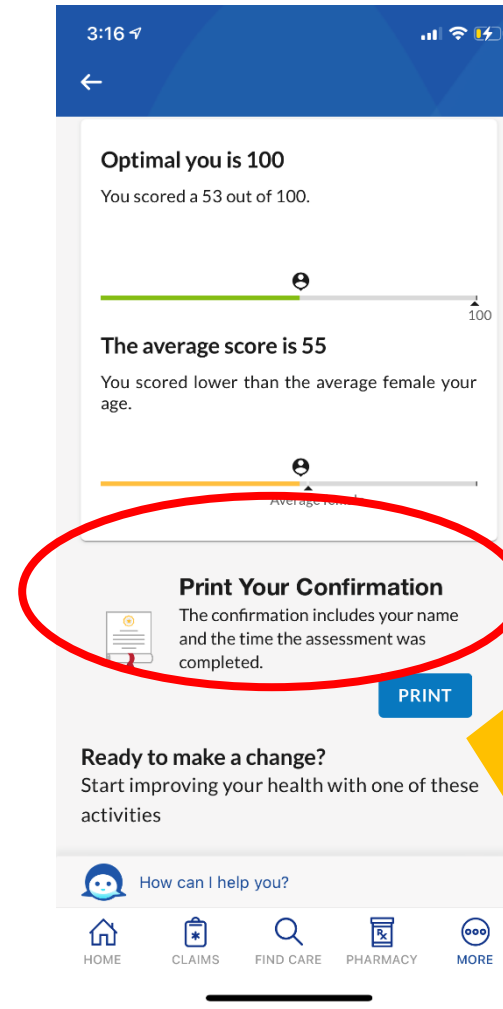
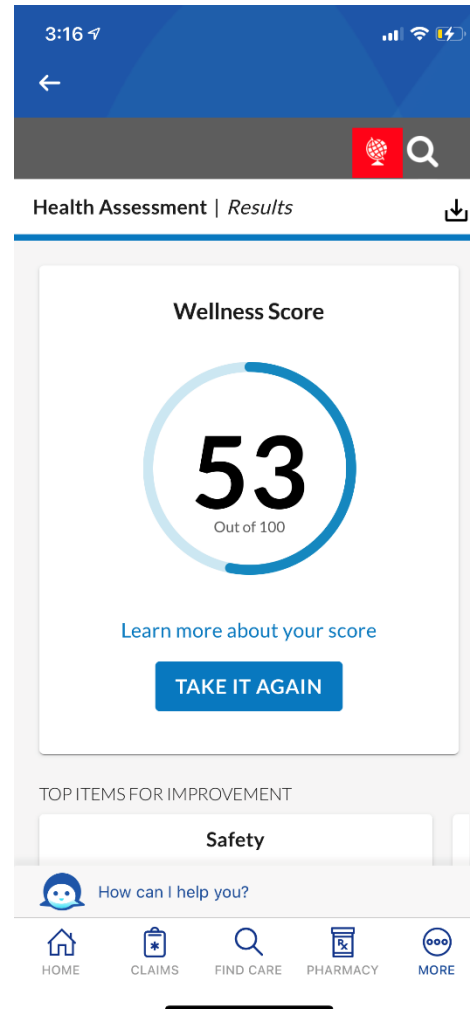
One final Feedback question will be asked, then you will click **“finish”**



Save Your Completion Confirmation Page

After completing your health assessment, **print** your confirmation page to save for your records.

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



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 Anthem Health Assessment results dashboard. On the left, a large circular gauge displays a "Wellness Score" of 53 out of 100. Below the gauge is a "TAKE IT AGAIN" button. To the right, under "TOP ITEMS FOR IMPROVEMENT", there are three categories: Safety (High Risk), Productivity (Medium Risk), and Exercise (Medium Risk). Below these is a comparison bar chart showing the user's score (53) and the average female score (55). At the bottom, there is a "Print Your Confirmation" button and a "Ready to make a change?" section.

The screenshot shows the Anthem Health Assessment questionnaire results page. The header includes "Health Assessment" and a progress bar with "1. Questionnaire", "2. Next Steps", and "Results". Below the header, there is a "Healthy Changes > Feedback > Results" breadcrumb. 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 main content asks "How ready are you to make the healthy changes below?" and lists two categories: "Get more cardiovascular exercise" and "Get more strength-building exercise". Under "Get more cardiovascular exercise", there are five radio button options: "I have no need to", "I have been more than 6 months", "I have been less than 6 months" (selected), "I plan to within the next month", and "I plan to within the next 6 months". Under "Get more strength-building exercise", there is one radio button option: "I have no need to".

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.

- Readiness to Change questions
- Health Assessment Feedback questions

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

The screenshot shows 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. The page title is "Health Assessment". Below the title, there is a blue header bar with the text "Health Assessment". The main content area contains a question: "How ready are you to make the healthy changes below?". Underneath, there are two sections of radio button options. The first section is titled "Manage your weight better" and has five 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" (which is selected), "I plan to within the next 6 months", and "I have no plans to". The second section is titled "How confident are you that you can make healthy changes?" and has five options: "Extremely confident", "Very confident" (which is selected), "Confident", "Somewhat confident", and "Not at all confident". Below these sections, there is a question: "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?". There are two radio button options: "Yes" (which is selected) and "No". At the bottom of the page, there is a blue bar with the text "Health Assessment" and navigation links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. On the right side of the page, there are links for Español, Profile, and Log Out.

The screenshot shows the Anthem Health Assessment interface, specifically the "Results" section. At the top, the Anthem logo is visible, along with navigation links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. The page title is "Health Assessment". Below the title, there is a blue header bar with the text "Health Assessment". The main content area contains a question: "Would you recommend this questionnaire to someone else, like a co-worker?". There are two radio button options: "Yes" (which is selected) and "No". Below this question, there is another question: "Approximately how long did it take you to fill out this questionnaire?". The answer is "10 minutes". At the bottom of the page, there is a blue bar with the text "Health Assessment" and navigation links for My Plans, Claims & Payments, Care, My Health Dashboard, and Support. On the right side of the page, there are links for Español, Profile, and Log Out. The bottom of the page features several logos, including Anthem, URAC, and HITRUST CSF Certified.