



# Accessing Your COVA Care Health Assessment



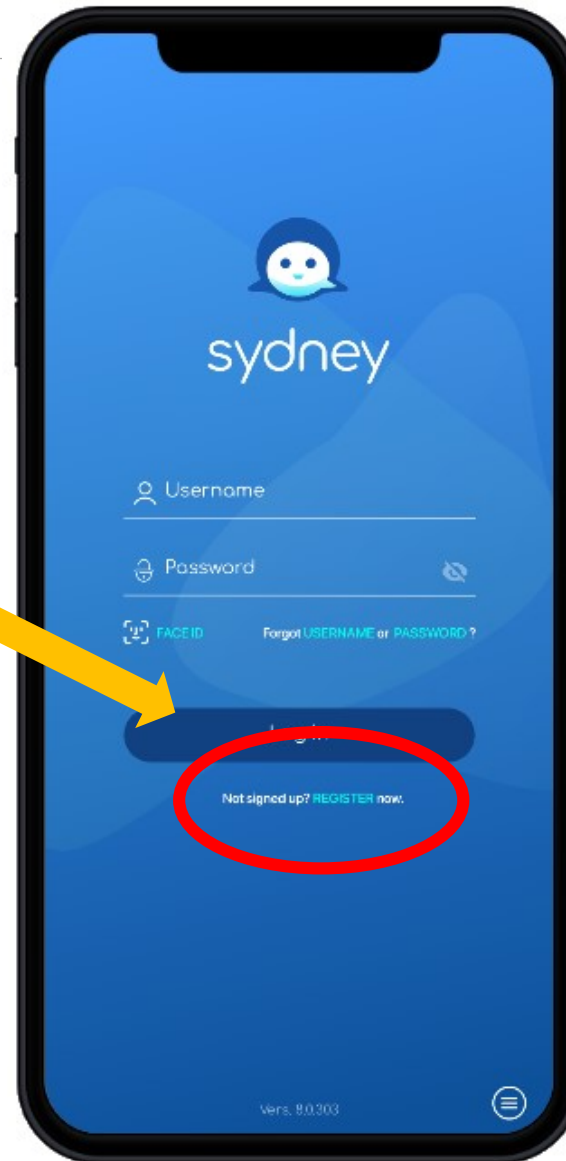
# Accessing via the Sydney Health mobile app

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# Registering a new account

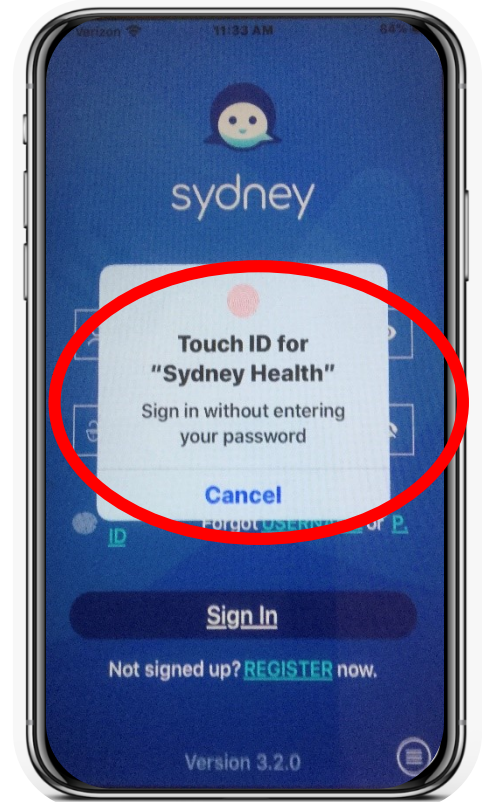
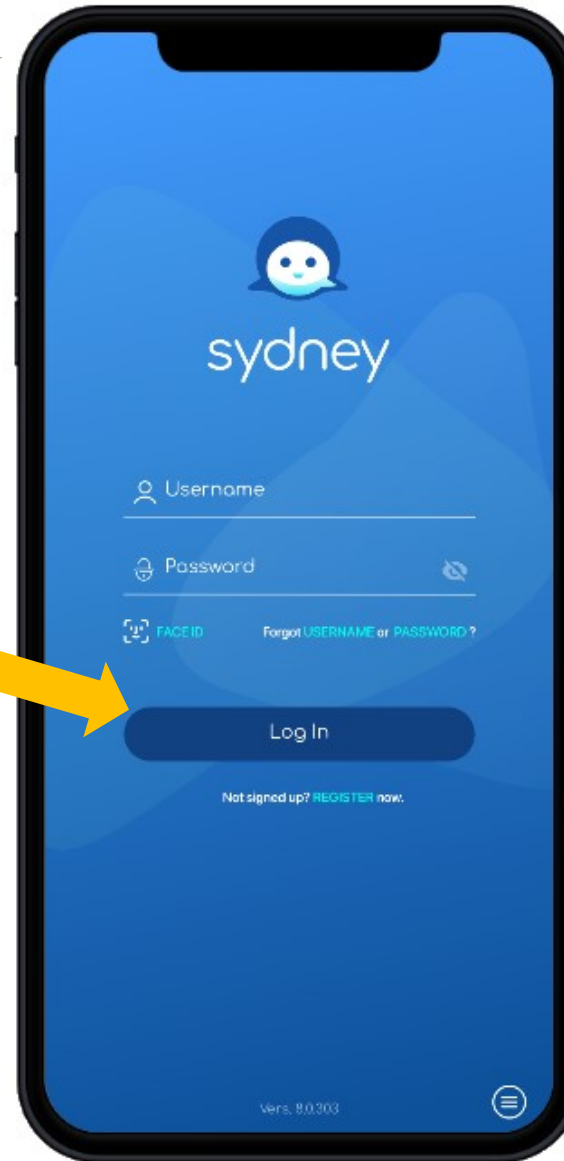
To register for a new account, click on **REGISTER now.**

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

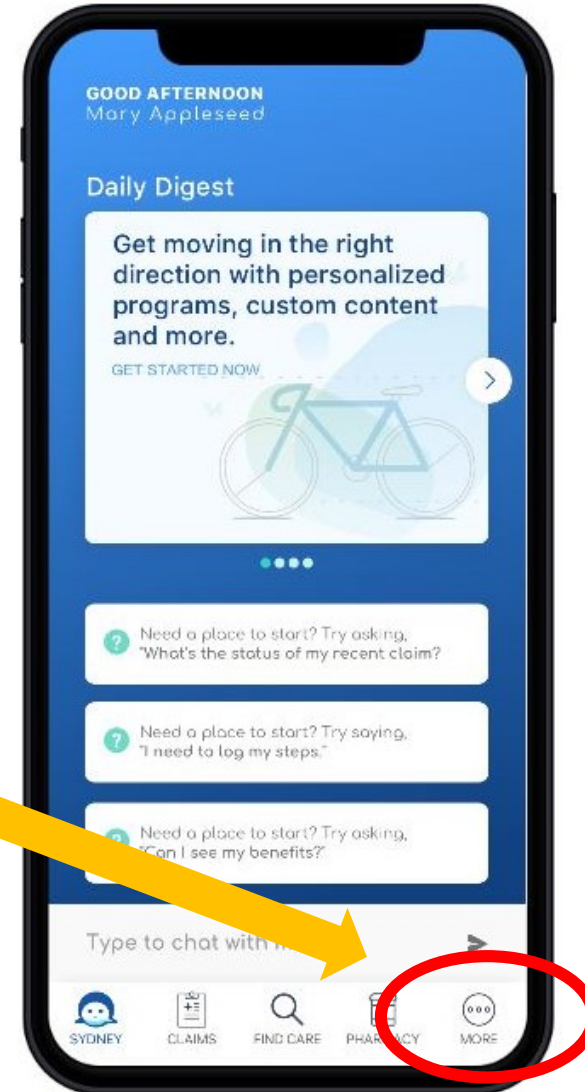
**Log in** using your username and password or touch ID feature.





# Accessing your health assessment

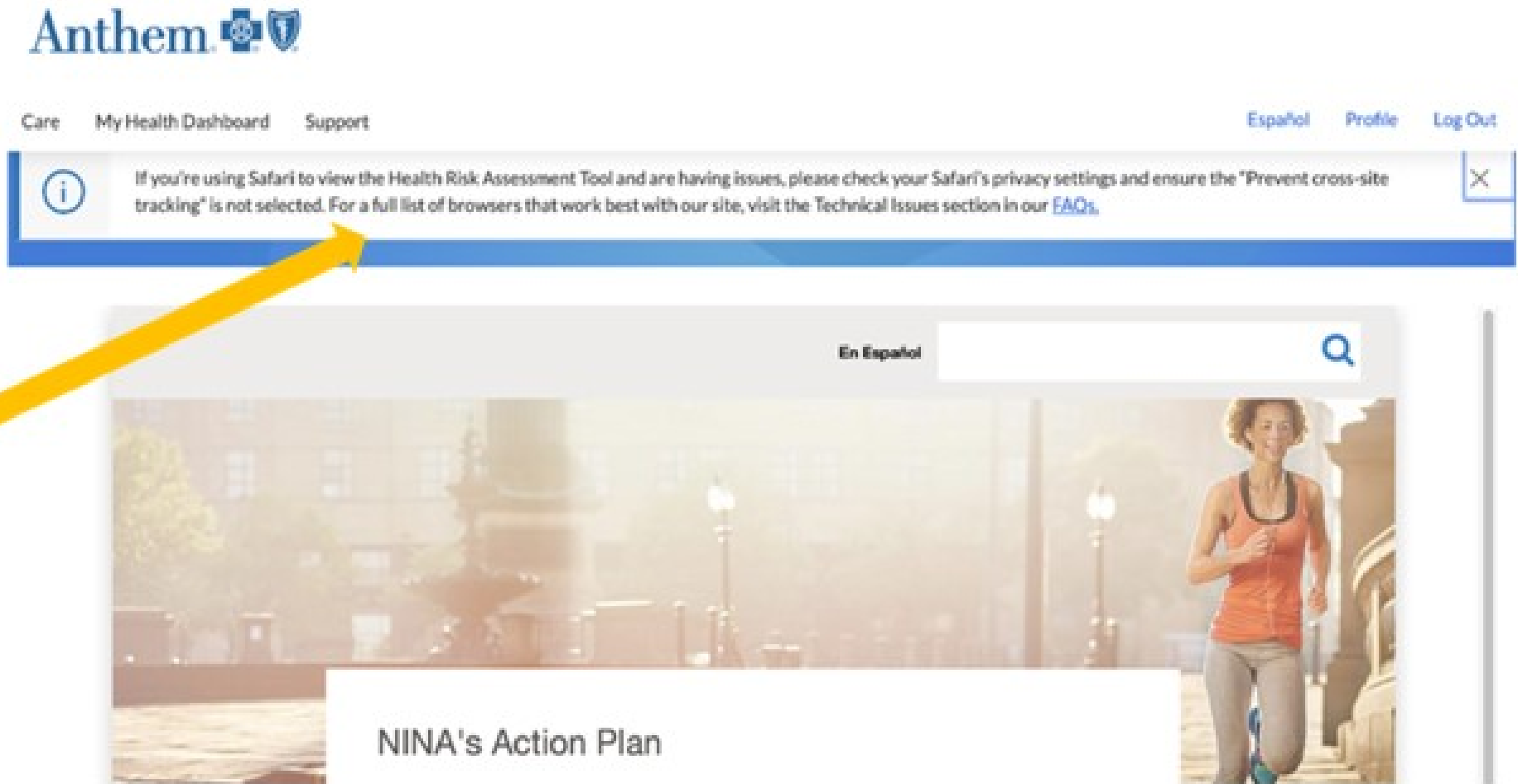
Tap the **More** button from the bottom right menu bar.



# Accessing your health assessment

If you are using the Safari browser to access the Health Assessment, you may receive this error message if you have certain privacy settings enabled.

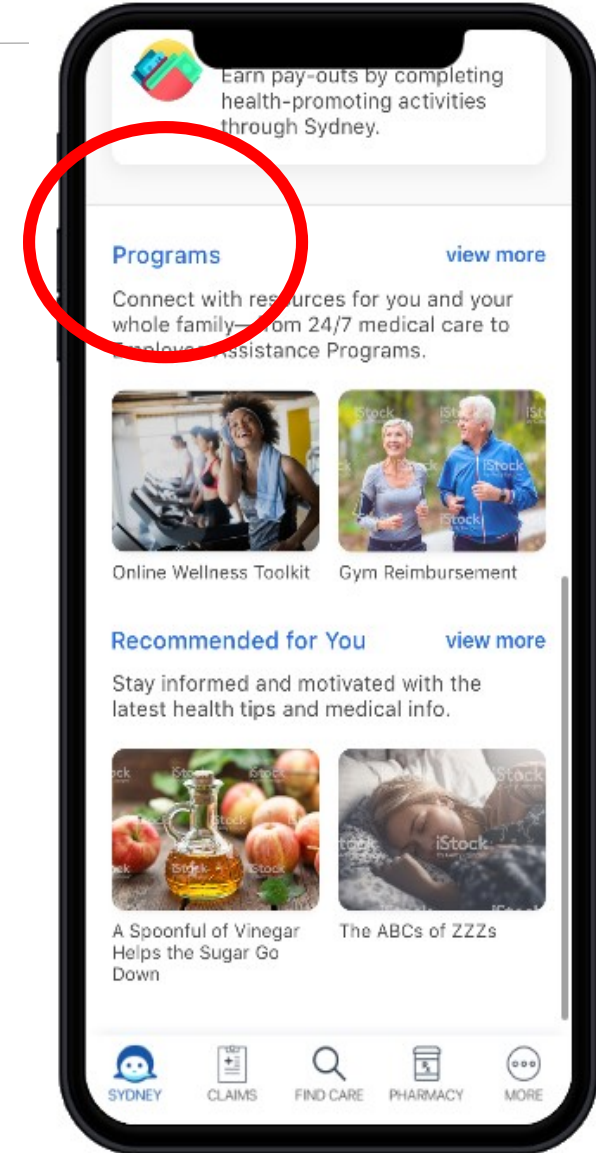
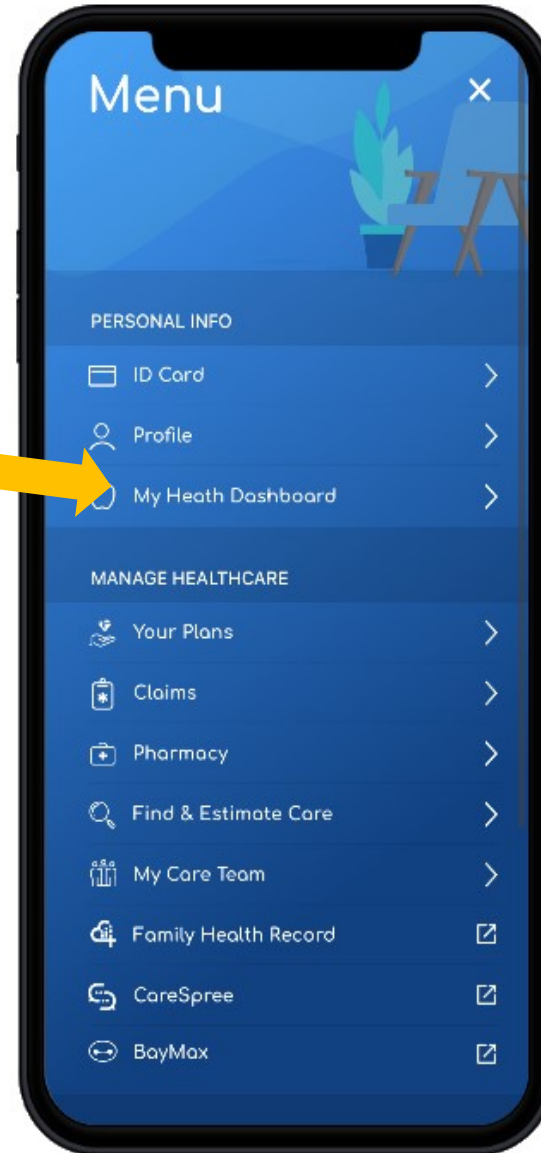
Follow the instructions in the message to update your settings and try again.



# Accessing your health assessment

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

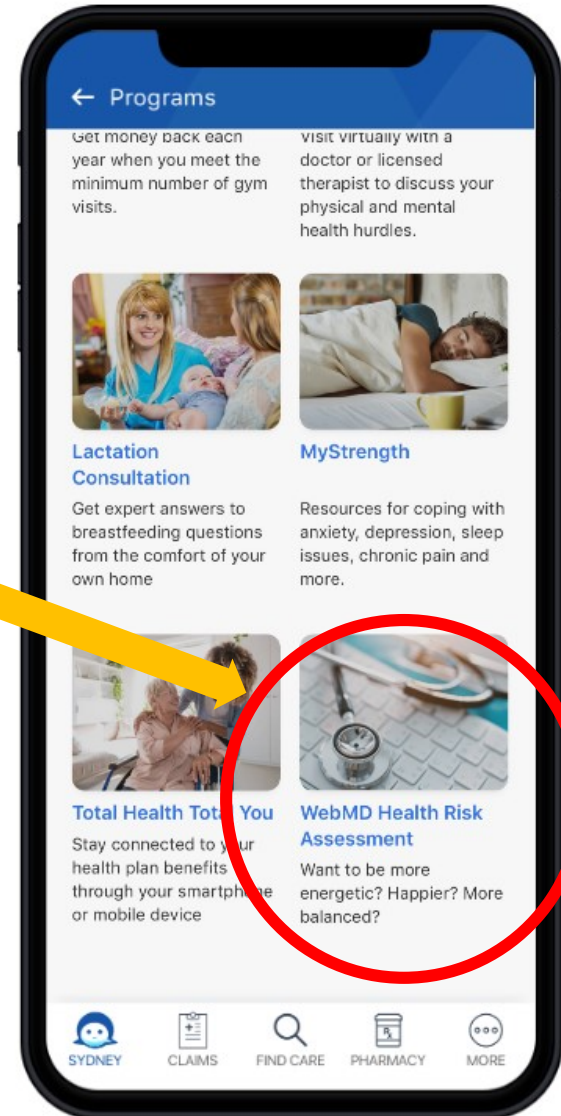
Select **Programs**.



# Accessing your health assessment

Scroll down and select **WebMD Health Risk Assessment**.

Click *Start your assessment* and complete your assessment.





# Returning Users

If you have previously completed the WebMD Health assessment, after clicking “**Start your Assessment**”, you will see your health assessment summary page and your previous score. Then you will click “**Take it Again**” to begin.

The image shows two screenshots of the WebMD Health Risk Assessment interface. The top screenshot shows the 'Start your assessment' button circled in red. The bottom screenshot shows the 'Results' page with the 'TAKE IT AGAIN' button circled in red.

**WebMD Health Risk Assessment**

Take the First Step  
[Start your assessment](#)

En Español

Health Assessment | Results [DOWNLOAD REPORT](#)

Wellness Score  
**53**  
Out of 100  
[Learn more about your score](#)  
**TAKE IT AGAIN**

TOP ITEMS FOR IMPROVEMENT

- Safety: High Risk
- Productivity: Medium Risk
- Exercise: Medium Risk

Your score did not change  
Your score is unchanged. Your last assessment completion was on 3/24/21. Prior to that, your score was 53 on 2/26/21.

The average score is 55  
You scored lower than the average female your age.

Last score was 53 | Average female

# Saving Your Progress

Whether you are taking the WebMD health assessment for the first time or are a returning user, be sure to click **“save & continue”** as you complete each section of the assessment.

The screenshot displays a progress bar at the top with six sections: 'About You', 'Lifestyle', 'Well-being', 'Conditions', 'Lab Tests', and 'Screenings', each with a checkmark. Below the progress bar, there are two tabs: 'THE BASICS' and 'THE SPECIFICS'. The 'THE BASICS' section contains a question 'How tall are you?' with two input fields: '5' over 'height in feet' and '6' over 'height in inches'. At the bottom right, there are two buttons: 'SAVE & FINALIZE' and 'SAVE & CONTINUE'. The 'SAVE & CONTINUE' button is highlighted with a red circle. The footer contains copyright information, a disclaimer, and accreditation logos for NCCA, URAC, and HITRUST CSF Certified.

# Finalizing Your Assessment

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When you reach the end of the health assessment questions you will click “**Save & Finalize.**”

You’re almost finished!

Physical exam or wellness visit

Less than a year ago ▼

Stool blood test

Never ▼

Have you had a flu shot in the last 12 months?

- Yes
- No
- Don't Know

It was around

10 / 1 / 2020



# Readiness to Change & WebMD Health Assessment Feedback

After you've completed the WebMD health assessment questions, there are a few questions to assess your "readiness to change." Answering these questions will help identify which resources may be most appropriate with helping you to reach your wellness goals.

Click "**Save & Continue**" as you complete these questions

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



# Readiness to Change & WebMD Health Assessment Feedback

The final questions will gather value feedback regarding your experience with the WebMD health assessment. After answering these two questions you will click **“Finish”**

[Healthy Changes](#) > [Feedback](#) > Results

Would you recommend this questionnaire to someone else, like a co-worker?

Yes

No

Approximately how long did it take you to fill out this questionnaire?

10 minutes

FINISH



# Save Your Completion Confirmation Page

Now that you have completed your WebMD Health Assessment click **“Print Your Confirmation”** to save your completion confirmation page for your records.

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

The screenshot displays the Anthem WebMD Health Assessment completion 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, 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, there are three cards for 'TOP ITEMS FOR IMPROVEMENT': Safety (High Risk), Productivity (Medium Risk), and Exercise (Medium Risk). Below these is a comparison chart showing the user's score (53) is lower than the average female score (55). At the bottom, there is a 'Print Your Confirmation' button circled in red, with a yellow arrow pointing to a 'PRINT' button. The text below the confirmation button reads: 'The confirmation includes your name and the time the assessment was completed.' Below that, it says 'Ready to make a change?' and 'Start improving your health with one of these activities'.

# 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.

