

Accessing Your COVA Care Health Assessment

Accessing via the Sydney Health mobile app





| Accessing your health assessment | 11:20 Elevance Health | III 중 ■) | | |
|--|--|-------------------|--|--|
| From the welcome screen click " <i>Menu</i> " on the bottom right. | Your Action Items Keep track of your most important healthcare next steps. Description Ever wonder what your plan covers? View All | | | |
| | Plan Usag Medical EPO/HMO Care F Network Deu \$1 000 \$1 000 \$1 000 CLAIMS | CARE PHARMAY MENU | | |

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Accessing your health assessment

Select *My Health Dashboard* from the menu list Scroll down to the *"Featured Programs section*", then click *"View All*", then click on the

.11 🗢 🖌 Menu X Pay With Bank Account Or Card ACCESS CARE **O** Find Care > A. Community Resources > **□** Video Visit > そう Care Team > 💍 My Health Dashboard Family Health Record > Symptom Checker How can I help you? 俞 Ŵ Q R 000 俞 HOME FIND CARE MORE HOME CLAIMS PHARMACY



Accessing your health assessment

Scroll down and select "WebMD Health Risk Assessment" tile.

Click "Start your assessment"; Click "Take it again" if you have previously completed an assessment.

← Programs Get money back each VISIT VIRTUALLY WITH A vear when you meet the

visits.

own home

doctor or licensed minimum number of gym therapist to discuss your physical and mental health hurdles.



actatio Consultation

CLAIMS

expert answers to Resources for coping with ling questions anxiety, depression, sleep issues, chronic pain and fvour



FIND CARE

PHARMACY

MORE

12:50

Program Detail

things like diet and exercise to get a complete picture of your well-being.

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Benefit to you

Each question will help create an overall view of where your health is today so you can take the next step toward improvement - whether you're looking to eat healthier, reduce stress, quick smoking or sleep better.

Cost

Free for plan members and their covered family members.

Getting started

Take the assessment whenever you're ready! It will take about 10 minutes to complete.





Save Your Completion Confirmation Page

After completing your health assessment, Click on the "Save and finalize" button, then answer three questions about healthy changes, then click "Save and continue".

Answer one final feedback question then click **"finish"**



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| | | decide wi | here you'd lik | e to start. | , | | Questionna | ire 2. Ne | ext steps | Results | |
| Ho | wready | | to make th | ne health | , | He | althy Chang | es 🕻 Feedba | ck 🕻 Results | | |
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| Mai | nage your | weight bei | tter | | | | Yes | | | | |
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| 0 | I have b | been less th | ian 6 montl | ns | | Ap qu | proxima estionna | tely how lo ire? | ng did it tal | ke you to fill o | out this |
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| 0 | l plan te | o within th | e next 6 mo | onths | | | | | | | |
| 0 | I have r | no plans to | | | | | | | | | FINISH |
| Hov cha | w confide nges? | nt are you t | hat you can | make heal | thy | | Copyri | ght Policies Me | dical Review Fee | dback WebMD Corp | orate |
| 6 | How | con I hela | you? | | | | © 20 | 23 WebMD Healt | h Services Group, | Inc. All rights reserv | ed. |
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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.

