



Accessing Your COVA Care Health Assessment

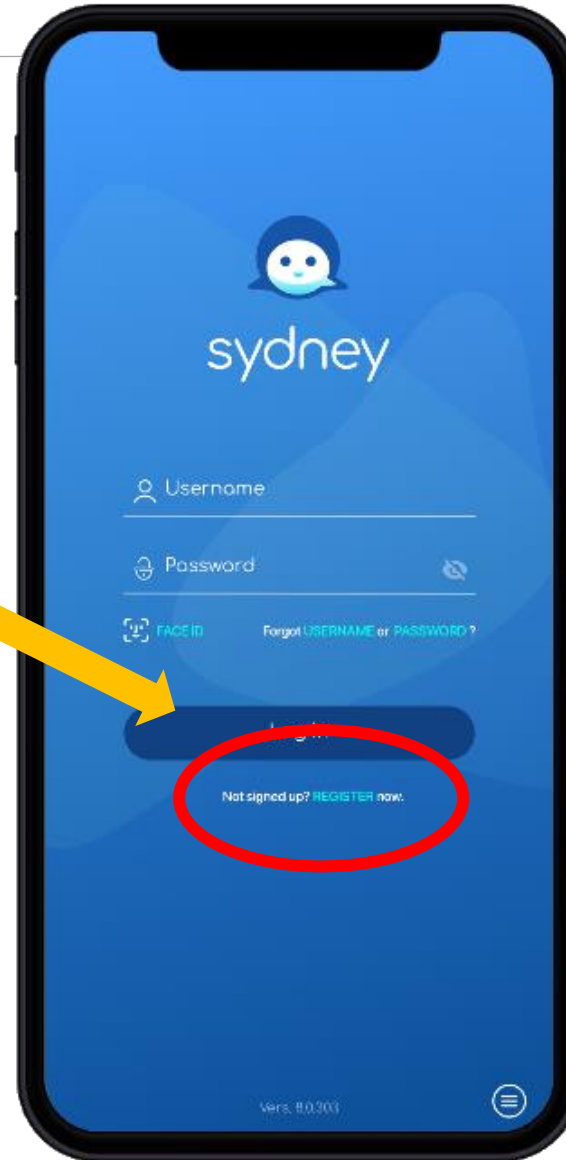


Accessing via the Sydney Health mobile app

Registering a new account

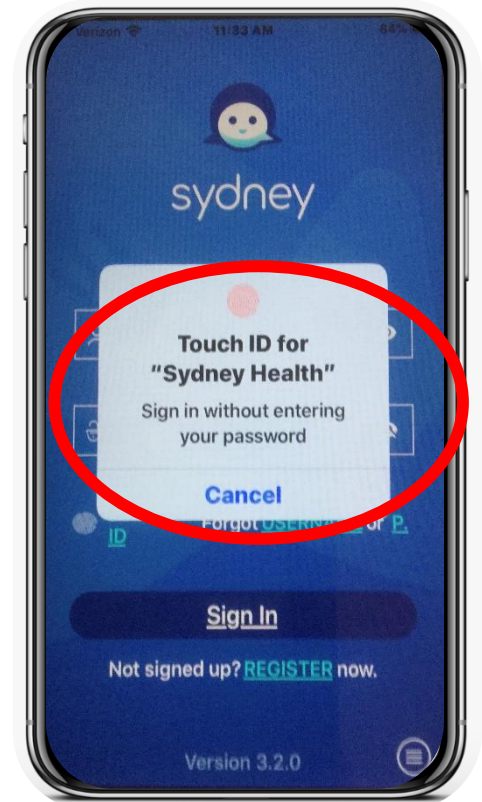
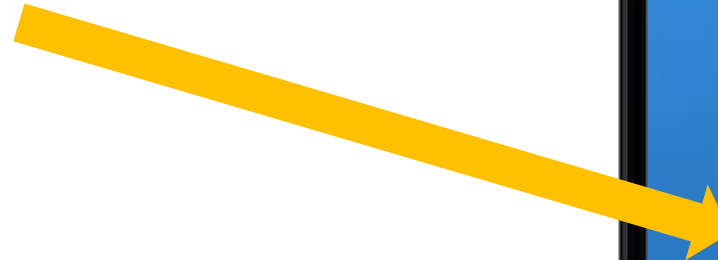
To register for a new account, click on **REGISTER now.**

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



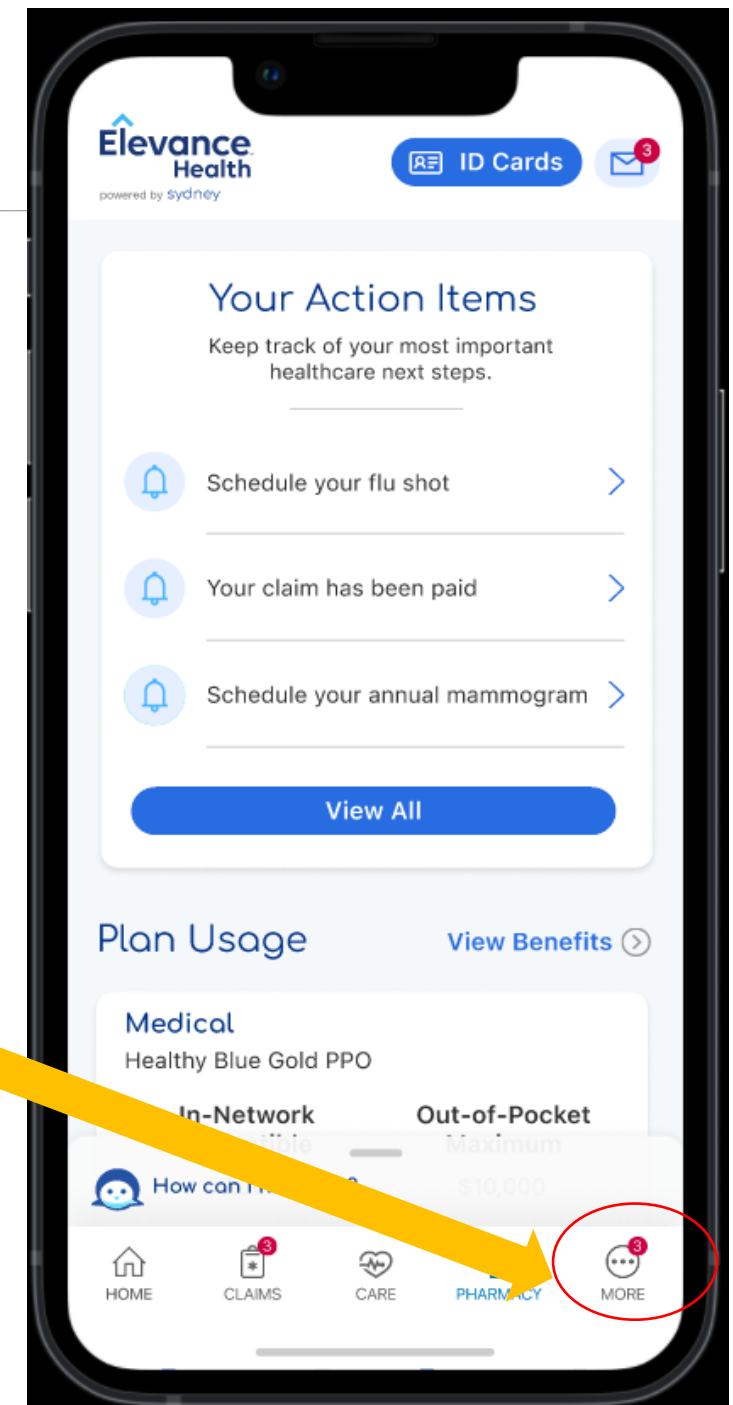
Logging into an existing account

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



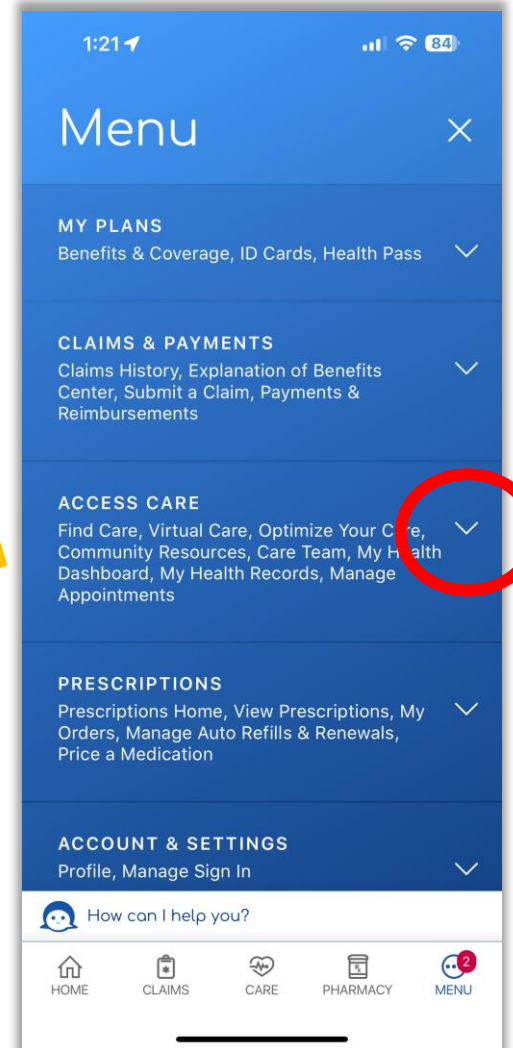
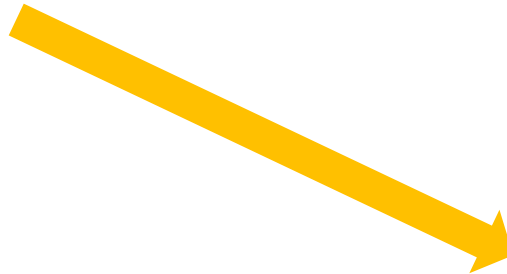
Accessing your health assessment

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



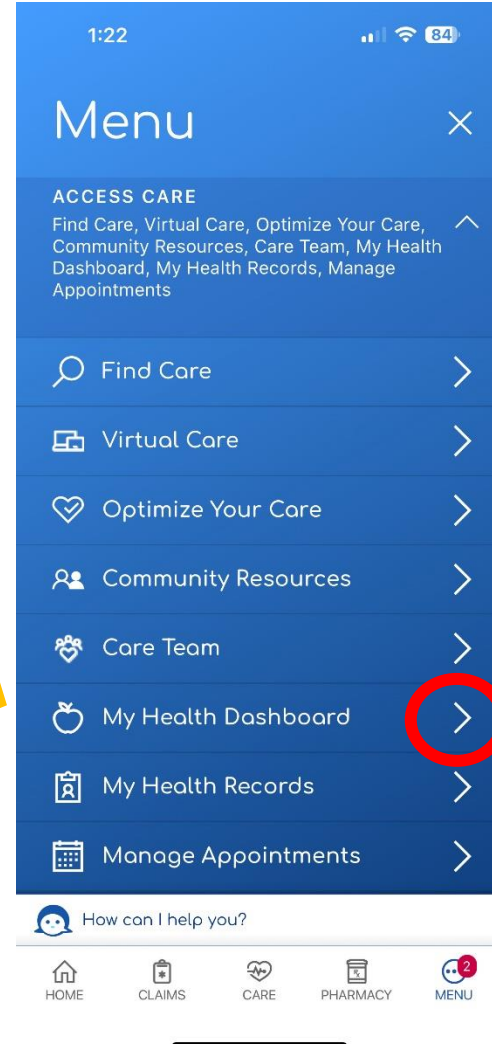
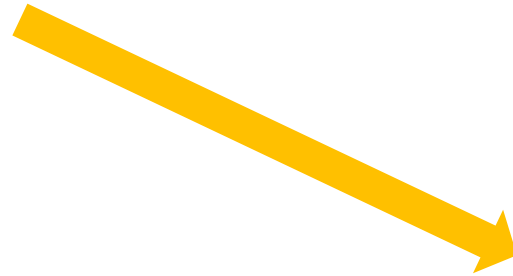
Accessing your health assessment

From the Access Care menu, select **Access to Care dropdown arrow**



Accessing your health assessment

From the Access Care menu, select ***My Health Dashboard***



Accessing your health assessment

My Health Check-in will be at the top.

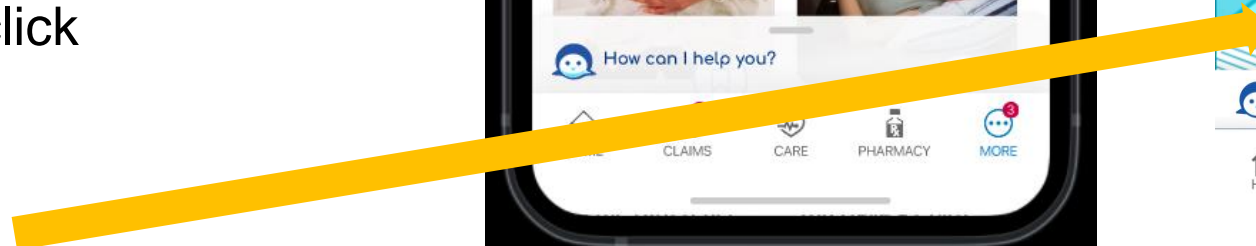
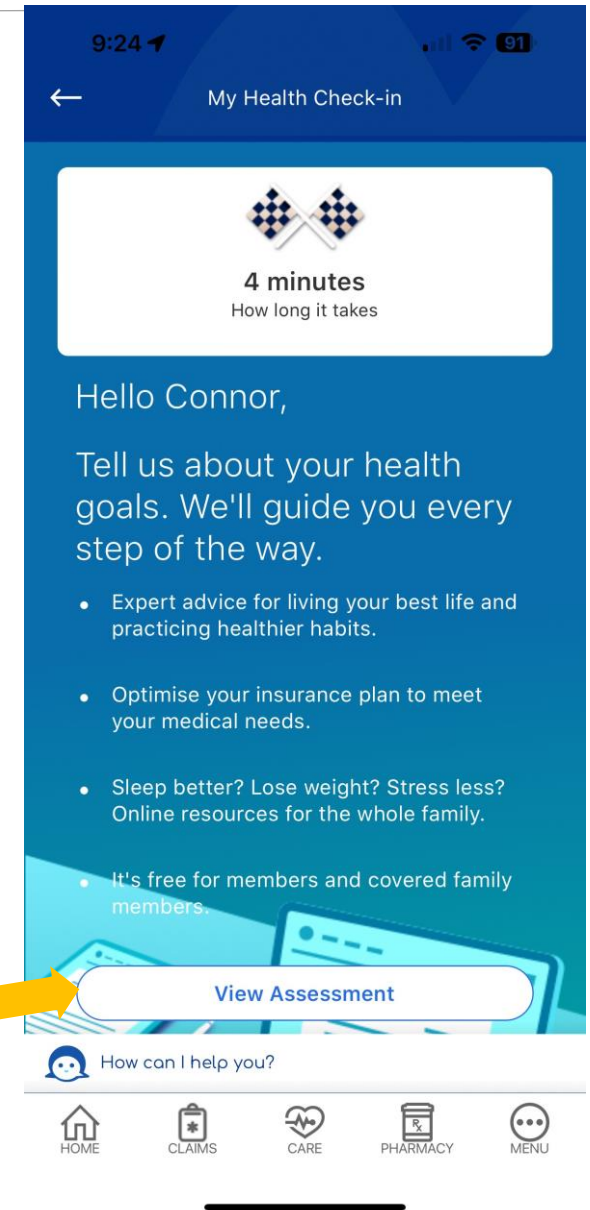
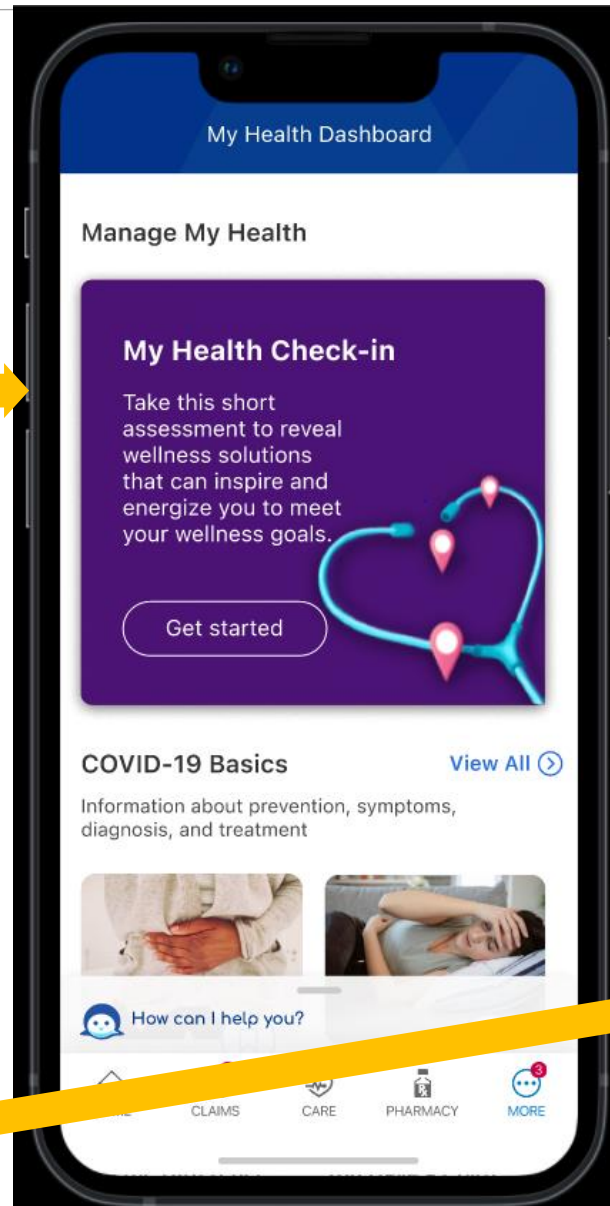
Click [Get Started](#)



At the Welcome Page

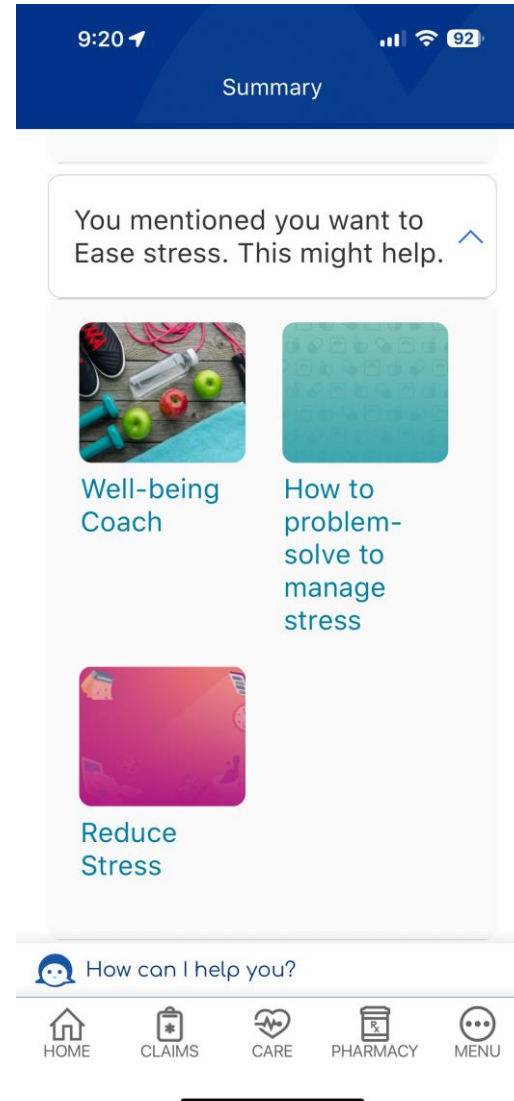
Click [View Assessment](#)

Once you have answered all the questions click [Submit](#)



Summary and Recommendations Page

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

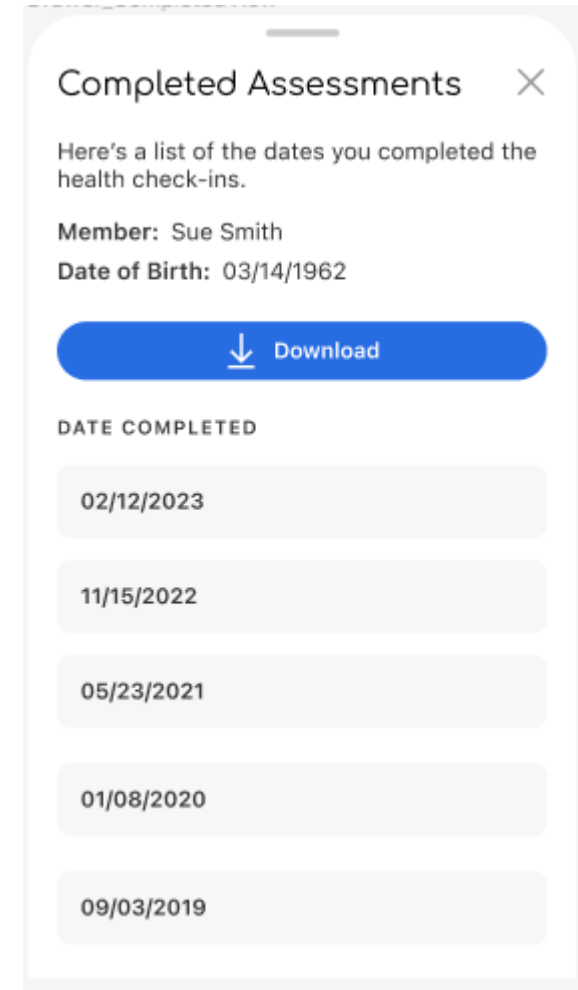
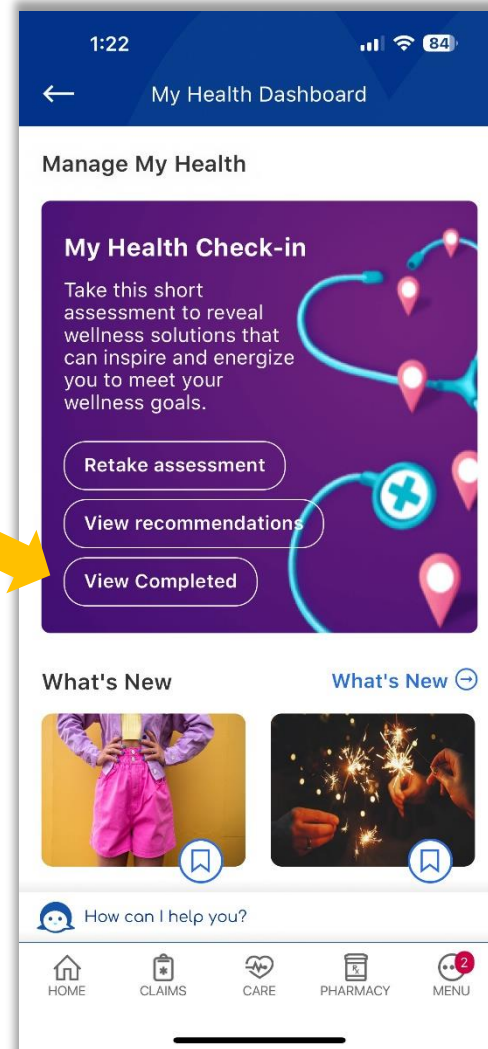
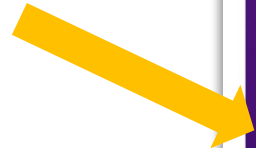


Completed Assessments

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 print or email the date of your last completion of My Health Check-in assessment.



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](#)”

