

It's a great first step toward your best health

Log in to [anthem.com/ca](https://www.anthem.com/ca) and select Health & Wellness to start your Health Assessment today.

Take your Health Assessment today

Your Health Assessment gives you a snapshot of your current health status and tips for improving your health right away. You also can work with your doctor to get the care you need. Just complete the assessment at [anthem.com/ca](https://www.anthem.com/ca), print it out and take it to your doctor.

Health Assessment checklist

Your final report will have more detail if you can include some health information. If not, no big deal. You'll still get a helpful summary of your health. Take a look at this list to help you get ready.

Vitals



Weight
Height
Blood pressure
Blood sugar (glucose) level
Total cholesterol as well as LDL and HDL
Triglycerides

Date of last



Checkup
Mammogram
PSA test (prostate)
Colonoscopy
Vision exam
Dental exam
Flu shot

Your health information is private and we'll keep it that way

Anything you put in your Health Assessment is protected information. This is for you. Your information will not be used by your company or by Anthem Blue Cross to decide if you're eligible for coverage. Plus, it cannot affect the amount you pay for coverage.

We may use the information to suggest programs or tools that you might want to try and that are part of your coverage. All your answers are protected by the HIPAA Privacy and Security Rules.

