



State of New Hampshire Health Assessment Tool (HAT) Worksheet (January 1, 2011)

It all starts here... *better health - health assessment tool* creates a comprehensive summary of your health and lays out the steps to improve it. We'll start with a health assessment questionnaire, so here is a worksheet that will help you when completing it. You may want to ask your health care provider's assistance in providing you with the following health biometrics, screening tests and immunizations that may be recommended for you. Although you can complete the questionnaire without providing all the health information, by utilizing your current health information, you will receive a more comprehensive health summary for your own reference and health improvement goals.

Biometrics	Current Value and/or Date Completed
Weight (pounds)	
Height (inches)	
Body Mass Index (BMI)	
Waist Measurement (inches)	
Blood Pressure	
Total Cholesterol	
LDL	
HDL	
Triglycerides	
Fasting Blood Sugar	

Screenings	Current Value and/or Date Received
Physical Exam	
Dental Exam	
Vision Exam	
PSA Test (men)	
Pap Smear (women)	
Mammogram (women)	
Clinical Breast Exam (women)	
Bone Density Scan (women)	
Colonoscopy	
Fecal Occult Blood Test	
Sigmoidoscopy	
Double-Contrast Barium Enema (colon or rectum cancer)	

Immunizations (vaccine)	Date Received
Measles/Mumps/Rubella (MMR)	
Hepatitis B (series of 3 shots)	
Pneumonia	
Tetanus (within the last 10 years)	
Influenza (flu) (within the last 12 months)	
Shingles vaccine (if age 60 or older) or Chickenpox (have you had it or the vaccine?)	
If female age 26 and under ONLY: HPV (Human Papillomavirus)	

You have until 12/31/2010 to complete or print your 2010 Anthem health assessment tool, please go to www.Anthem.com and login (if you have not been to the new Anthem website, you will need to re-register. Have your Anthem ID number available.). For instructions on how to download and print your 2010 HAT go to http://admin.state.nh.us/hr/flexible_spending.html and download and print the document entitled "2010 WebMD Health Assessment Tool (HAT) Printing Instructions." Don't forget to collect/ and or share the results of your health risk assessment with your health care provider at your next appointment.

Note: Your privacy in taking this assessment is something we take very seriously. Please see our privacy policy located on the website for details on how we protect you.