

2014 State of New Hampshire Health Assessment Tool (HAT) Worksheet

Anthem is partnering with Healthways to provide the **Healthy Lifestyles Program** and it includes a Health Assessment Tool (HAT) called "**Well-Being Assessment**". With access to a confidential health assessment, personalized health improvement and customizable wellness resources – all at no cost to you – Healthy Lifestyles makes focusing on your well-being easier and more convenient than ever.

Here is a worksheet that will help you when completing the Well-Being Assessment. 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 Well-Being Assessment without providing all the health information, by reporting your current health information, you will receive a more comprehensive Well-Being Report for your own reference and health goals.

Biometrics	Value
Height	
Weight	
Waist Circumference	
Systolic Blood Pressure	
Diastolic Blood Pressure	
Total Cholesterol	
LDL	
HDL	
Triglycerides	
Fasting Glucose	
GGT (Venipuncture only)	

Screenings	Date Received
Physical Exam	
Dental Exam	
Vision Exam	
Pap Smear/Pap test (women)	
Mammogram (women)	
Colonoscopy	
Fecal Occult Blood Test	
Sigmoidoscopy	

Immunizations (vaccine)	Date Received
Pneumonia shot	
Flu shot	

If you would like to print your 2013 Well-Being Report to assist you with completing your 2014 Well-Being Assessment, you must do so by **December 31, 2013**. Follow these steps to print off your 2013 Report:

1. Visit www.anthem.com and enter your username and password in the "Member Log In" window, then click "Log In".
2. Click on the blue **Health & Wellness** tab at the top of the page, then click "Get Started" below the Healthy Lifestyles icon.
3. In your Healthy Lifestyles website, select the "Resources and Tools" tab and then select "Assessments and Reports".
4. At the bottom of the "Assessments and Reports" page, select "View" to the right of the date indicating when you completed the 2013 Well-Being Assessment.
5. Please consider the environment and only print off the pages you'll need to help complete your 2014 Well-Being Assessment such as your Well-Being Score and Biometric Values.

Note: Your privacy in taking the Well-Being Assessment is something we take very seriously and is protected by law. Please see the Privacy Policy and Terms of Use by clicking on "[Learn More](#)" at the bottom of the Healthy Lifestyles website to learn how your privacy and security is guaranteed.