

State of New Hampshire 2010 Health Assessment Tool Instructions

www.anthem.com



If you completed your Health Assessment Tool (HAT) in 2009, skip to the instructions on page 4.

If you are completing the Health Assessment Tool (HAT) for the first time, follow these steps to complete the HAT to become eligible for the 2010 Health Reimbursement Arrangement of \$200.00.

Step 1: Using your Internet, Go to www.Anthem.com

Step 2: Click on "Members"

Step 3: Select New Hampshire & click the "Enter" button

Step 4: Click "Register Now"

Step 5: Read Disclosure, Click "Continue"

Anthem® Member Registration

Member Service Functions

Anthem is dedicated to helping preserve the privacy of your personal health information. To help ensure your privacy we have implemented an on-line process to verify your identity. As part of this process you will choose your own User Name and Password which you should never share or make available to anyone else. A confirmation of your registration will be mailed to you via the US Postal Service.

Please note - all members age 18 and over should register individually in order to get access to their complete health information and to be able to take full advantage of all services available to adult members from this site.

Step 6: Read Agreement, if you agree, Click "I Agree"

Anthem® Member Registration

Anthem Member Services Online Access Agreement

I am an Anthem member who is requesting immediate online access to the Member Services section of the Anthem website. Once I am granted access, I understand that I will have access to confidential information related to my coverage, including but not limited to, information with respect to eligibility, claim and benefit information. I also understand that by registering for access to the Member Services section of the Anthem web site, I will be automatically registered for access to the secure Member Services section of Anthem's Pharmacy Benefit Manager's web site. I understand that I will have one User Name and one Password for login to both web sites. In consideration and as a condition of gaining access to this confidential information, I hereby agree to and accept the following:

Confidentiality

I understand that the information available through the Member Services section of the websites is confidential. As such, I agree to preserve that information as confidential in accordance with all applicable laws. I understand and agree that I am subject to each of the web site's Notice of Privacy Practices.

Terms of Use

I understand and agree that I am subject to each web site's [Terms of use](#), as may be modified from time to time.

Term and Termination

This agreement is effective until terminated by either party. You may terminate this agreement at any time by destroying all materials obtained from the web sites and all related documentation and all copies and installations thereof. This agreement will terminate immediately without notice if you fail to comply with any term or provision of this agreement. Upon termination, you must destroy all materials obtained from the web sites.

Step 7: Using Anthem ID Card, Complete Registration

Anthem® Member Registration

To help provide secure access, please complete the following fields and then click the Continue button. * Indicates required fields

* **Anthem Member ID Number:**
Exactly as it appears on your health benefits identification card. Include all letters and numbers. ABCAN1234567 or ABC11122888.

* **First Name:**

Middle Initial:

* **Last Name:**
Exactly as it appears on your Member ID card.

* **Date of Birth:**
Format: mm/dd/yyyy

* **Address Line 1:**

Address Line 2:

* **Zip Code:**
Please use the most recent Zip Code the subscriber or the subscriber's employer officially provided to us, normally your permanent home address.

* **Are you the Subscriber/primary card holder?** Yes No
The subscriber/primary card holder is the individual in whose name a certificate, contract, or policy is issued.

* **Please enter the code shown:**
This helps Anthem prevent automated registrations.

Verifying your registration information against our records may take a few extra moments before continuing to the next screen. This verification step is to ensure we are protecting your privacy.

Step 8: Click "Continue"

Step 9: Enter Security Data

Anthem® Member Registration

To help provide secure access, please complete the following fields and then click the Continue button.

* Indicates required fields

* Security Challenge Prompt: ---Select a question---

* Security Challenge Response:

As a security measure, you will be asked for the answer to the Security Challenge Prompt if you forget your User Name or Password. Security Challenge Response must be a minimum of 4 characters length.

E-mail Address: Why should I provide an E-mail Address

Example: jsmith@mysp.com

From time to time, we send information via e-mail which may be of interest to you, such as policy updates, special offers and opportunities to provide feedback about our site. Your E-mail Address will not be shared with any third parties and we will not send any personal information regarding your benefits or claims to you. Would you like to receive this information?

E-mail Consent: Yes, I would like to receive these e-mails.

To better assist you, we are requesting that you provide the following additional information in your online profile.

Allergies: Aspirin Cephalosporins
 Codeine Iodines
 NSAIDS Penicillin
 Sulfa None Known

Phone Number: - - Why should I provide a Phone Number

Medical Conditions: Arthritis Asthma
 Depression Diabetes
 Epilepsy Glaucoma
 Heart Condition Hepatitis
 High Blood Pressure High Cholesterol
 Multiple Sclerosis Osteoporosis
 Rheumatoid Arthritis Thyroid
 Ulcers None Known

Cancel

Continue

Step 10: Click "Continue"

Step 11: Create Username & Password

Anthem® Member Registration

Choose your User Name and Password. See "Security Tips" before you choose your User Name and Password. User Name and Password must conform to certain requirements in order to help ensure your privacy.

* Indicates required fields

* Enter User Name:

* Enter Password:

* Confirm Password:

Cancel

Continue

Security Tips

Your User Name and Password should never be written down where others might see it. You should not tell others what your User Name and Password are and you should never let someone "borrow" your User Name and Password.

User Name must be 6-20 characters long and can be any combination of letters and numbers. Spaces are not permitted. Your User Name will not be case sensitive and cannot start with a number.

Password must be 8-20 characters long and you must include at least one number and at least one letter. Spaces

Step 12: Click "Continue"

Step 13: Confirm Member Registration (not shown here)

Step 14: My Anthem Homepage should appear

MyAnthem™

Welcome

My Profile Contact Us Help Logout

Anthem

Overview MyPlans MyClaims Provider Finder 360° Health MyPharmacy

Member ID : 0970077353

Message Center

You have 0 new messages

Things You Can Do

Find A Provider
Request ID Card
Print Temporary ID Card
View Benefits
Download Forms
View Claims
Manage My Profile
Change your Secret Question/Answer, Edit your Profile, more...

Tools & Information

MyAnthem™ Online Agreement
Your Rights & Responsibilities

MyAnthem™ Overview

Your Name

In-Network Copays

Office Visit: \$10.00
Specialist Visit: \$20.00
Emergency Room: \$100.00

For more information, [View My Plans](#)

The NextRx Mail Service Pharmacy is the most convenient and cost-effective way to get your prescription medications. Save Gas. Save Time. Save Money. Switch to NextRx Mail Service Pharmacy today. [Learn more now.](#)

360° Health

MyHealth Assessment
MyHealth Record
Healthy Lifestyles

Step 15: Click "My Health Assessment"



Clicking "My Health Assessment" will open another browser window. The MyAnthem website, which will be running behind your HAT window, is designed to timeout after 15 minutes of inactivity to protect your security. After 13 minutes of inactivity, on the MyAnthem site, you will receive a warning message that the session will time out in 2 minutes. When you see the warning, finish the HAT page you are working on and click "submit" (that will save the information you entered on the assessment). Then, go to the MyAnthem window and click any of the blue tabs at the top of the page. Then, go back to your HAT window and continue with your assessment.

Step 16: Complete WebMD Required Information

WebMD Personal Health Manager™

Log In

To use the WebMD products and receive personalized health information, you must accept the Terms and Privacy Policy below. Please follow the steps below to access the site.

[How will this benefit me?](#)
[Is my information safe?](#)
[Who is WebMD?](#)

submit

Step 17: Click "Submit"

If you have any question regarding your Health Assessment Tool, contact an Anthem Customer Service Representative at:
(866) 755-2680

Step 18: Select any topic(s) you are interested in.

WebMD
Personal Health Manager™

Log In

Topics of Interest

Which health care topics do you want to know more about? By knowing your specific interests, we can make sure that you're informed with the latest information about the topics of your choice. (Check all that apply.)

This step is optional. Click **Continue** to perform this step later via the Settings link.

- | | | |
|---|---|---|
| <input type="checkbox"/> ADD/ADHD | <input type="checkbox"/> Erectile Dysfunction | <input type="checkbox"/> Menopause |
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Eye Health / Vision | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> Alternative and Complementary Medicine | <input type="checkbox"/> Fertility | <input type="checkbox"/> Migraines |
| <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Multiple Sclerosis |
| <input type="checkbox"/> Anxiety/Panic Disorders | <input type="checkbox"/> Fitness | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Genital Herpes | <input type="checkbox"/> Pain Management |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> GERD (reflux) | <input type="checkbox"/> Parenting |
| <input type="checkbox"/> Back Pain | <input type="checkbox"/> Headaches | <input type="checkbox"/> Pregnancy |
| <input type="checkbox"/> Bipolar Illness | <input type="checkbox"/> Heart Disease | <input type="checkbox"/> Prostate Cancer |
| <input type="checkbox"/> Breast Cancer | <input type="checkbox"/> Heartburn | <input type="checkbox"/> Schizophrenia |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Senior Health |
| <input type="checkbox"/> Cholesterol Management | <input type="checkbox"/> Herpes | <input type="checkbox"/> Sexual Health |
| <input type="checkbox"/> Colorectal Cancer | <input type="checkbox"/> HIV/AIDS | <input type="checkbox"/> Skin/Beauty |
| <input type="checkbox"/> Dental Health | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Sleep Disorders |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Impotence | <input type="checkbox"/> Smoking Cessation |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Infertility | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Diet & Nutrition | <input type="checkbox"/> Irritable Bowel Syndrome (IBS) | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Digestive Disorders | <input type="checkbox"/> Lung Cancer | <input type="checkbox"/> Weight Management |
| <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Men's Health | <input type="checkbox"/> Women's Health |

continue ▶

Step 19: Click "Continue"

This message will appear if your pop-up blocker is on.

Anthem. MyAnthem™

Welcome WebMD Profile Contact Us Logout Search WebMD

WebMD Home Condition Centers Healthy Living Health Channels MyHealth Record Communities



It appears that you have disabled pop-ups or have installed Microsoft Service Pack 2, which automatically disables pop-ups. Please choose one of the following options:

- Select your browser from the list below and follow the instructions to allow popups for this Web site. After changing your browser's popup settings, [click here](#).
 - Continue without enabling popups by [clicking here](#).
- Warning: Some functions on this Web site will not work correctly with popups disabled.

- Internet Explorer 7**
1. Click on the browser's **Tools** toolbar menu.
 2. Select **"Pop-up Blocker."**
 3. Select **"Pop-up Blocker Settings..."** This opens a window where you can type in "exceptions," meaning sites that you choose to allow pop-ups.
 4. In the text box labeled **"Address of Web site to allow,"** type in **www.webmdhealth.com.** Then click the **"Add"** button.
 5. Click the **"close"** button at the bottom and continue.



Follow Instructions & "Click here"

Step 20: Select your name & click "Submit"



Anthem. MyAnthem™

Welcome En Español WebMD Profile Contact Us Logout Search WebMD

WebMD Home Condition Centers Healthy Living Health Channels MyHealth Record Communities



Health Assessment

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking MyHealth Assessment may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our [privacy policy](#) for details on how we protect you.

Who are you taking this questionnaire for?

YOUR NAME HERE

Someone Else...

submit ▶

Step 21: Complete Health Assessment

There will be 5 screens of questions. When all the screens are complete, WebMD will calculate a score out of 100. This score is primarily for educational purposes. Click "submit" at the end of each screen. Your progress bar will appear at the bottom of each pages.

Step 22: Confirm Date of MyHealth Assessment

Anthem. MyAnthem™

Welcome En Español WebMD Profile Contact Us Logout Search WebMD

WebMD Home Condition Centers Healthy Living Health Channels MyHealth Record Communities

[Click Here for Healthy Lifestyles](#)



Health Assessment

Now that you have your MyHealth Assessment score, you can see how it compares to your peers.

If you had taken the previous assessment and this is your first time finishing the new MyHealth Assessment, your previous assessment score has been converted to a 100-point scale and is listed below your new score for comparison. Also, your previously identified risks are shown where applicable on the new MyHealth Assessment report pages. If your score could use some improvement, explore the fun, interactive tools below to see what actions will have the most impact on raising your score and improving your health.

To print a confirmation of your health score, [click here](#).

- Take MyHA Now
- MyHA Summary
- Risk Reports
- Condition Reports
- Physician Summary
- Health Care Costs
- Print or Fax Report

Your MyHA Score

91

out of 100
previous score:

MELISSA, based upon your answers, your calculated MyHA score is 91, compared to your peer average of 88. Click the check-boxes below or use the **"Improve Your Score"** sliders to see how simply improving stress can impact your overall score, as well as your risk of developing certain health conditions.

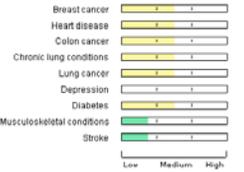
- Decrease your stress.
- Eat a healthier diet.

Improve Your Score

Below are some of your key modifiable risk factors. Use the sliders to see how changing your behavior can change your risks of certain conditions.

The changes you make to the risk factors to the left will affect your risk of these conditions:

Highest Risk Medium Risk Lowest Risk



MyHealth Assessment taken: 10/28/2008

NOTE: If you would like to print a confirmation that you took the Health Assessment Tool, click "click here" toward the top of the screen. The date you complete the assessment is the date you will become eligible for your \$200 HRA Benefit.

Click Log-out!

State of New Hampshire 2010 Health Assessment Tool Resubmission Instructions

Do you just need to update last year's assessment? Follow these instructions to update and submit your Health Assessment.

Go to www.anthem.com

Logged In & Ready to Take Assessment

Click "Login"

Enter your User Name & Password, Click "Login"

Registered Users Log in Here

User Name:

Password: Password is case sensitive

New User: [Register now.](#)

[Forgot your User Name?](#)

[Forgotten Password:](#) Enter your User Name above and proceed to [reset your Password.](#)

Protect Your Privacy! Always log out and close all of your browser windows. Use of our Web Sites constitutes your agreement with our [Terms Of Use](#).

Ready to Take Assessment?
Go to - "Logged In & Ready to Take Assessment"

Forgot your Username and/or Password?

If you forgot your **User Name**, click "User Name" and you will be prompted through screens of questions to verify your identity. The correct answers will reveal your user name. If you know your password, click "Login". If you forgot your password as well, click "Continue".

Requested User Name : **User Name**

You may change your Password at this time by clicking the Continue button. If you press Cancel, you will be taken to Anthem

or

If you know your username, but forgot your Password, click "reset your password". You will be prompted through the security challenge verify your identity. If you pass, you can select to have a password generated and sent to the email that is on-file for you, or you can choose to enter a new password. Once your password has been changed, a screen will pop-up telling you to log-in. Click "log-in".

Click "My Health Assessment"

Click "Take MyHA Now"



Follow Steps 20 – 22 on page 3 to update your assessment. Your new score will appear in the MYHA Summary.

If you have any question regarding your Health Assessment Tool, contact an Anthem Customer Service Representative at:
(866) 755-2680