



Health Assessment Tool Worksheet

Ask your health care provider to help you to complete the following health biometrics and tests worksheet prior to starting your 2010 Health Assessment. You will be asked for this information when completing your Health Assessment. Although they are not required fields, by utilizing this current information, you will receive a more comprehensive health summary.

Biometrics and Tests	Current Value:	Date Completed:
Weight (pounds)		
Height		
BMI (Body Mass Index)		
Waist Measurement (inches)		
Blood Pressure		
Total Cholesterol		
LDL		
HDL		
Triglycerides		
Fasting Blood Sugar		
Body Fat		
Resting Pulse		
Flu Vaccine		
Physical Exam		
Dental Exam		
Stool Blood Test		
Vision Exam		
Pap Test (females)		
Glaucoma Exam		
Colonoscopy		
Digital Rectal Exam		
Mammogram (females)		
Professional Breast Exam (females)		

To take your Health Risk Assessment, go to www.Anthem.com and login. Look for the links to the Health Assessment Tool provided by WebMD.

Or you can find complete instructions on the [Human Resources](#) website under "Employee Benefits" and "Flexible Spending & Other Benefits." Under "Other Voluntary Benefits" click on "[Active State Employee Health Assessment Tool Instructions](#)" If you have completed the HRA before, go to page 4 of those instructions.

Don't forget to share the results of your Health Risk Assessment with your health care provider at your next appointment.

What is MyHealth Assessment?

MyHealth Assessment (MyHA) is a comprehensive Health Risk Assessment Tool (HAT) that provides you with an in-depth, holistic health analysis. It summarizes your prioritized health risk factors, and it interactively shows you how modifying different risk factors can improve your risk of developing chronic conditions. It also presents a highly personalized, insightful report and action plan with resources for improving your health by lowering your risk factors and addressing any health conditions. MyHealth Assessment is regularly reviewed and validated by recognized experts in health and the health risk assessment industry.

This page briefly explains MyHealth Assessment and what it can do for you. You can find a more detailed explanation of how it calculates your health risk factors and health condition risks in [How Does This Tool Work?](#) Technical information on the clinical data that supports these calculations can be found in [The Science behind MyHealth Assessment](#).

Who has access to the information that I enter into MyHealth Assessment?

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. Neither the State of NH nor its vendors including Anthem will have access to your Health Assessment Tool or the results. This is a private tool for you and your family so be as honest as possible and update it often to get the best picture of your health.

It starts with a few questions

MyHealth Assessment begins with an assessment to identify 12 specific health risks and up to 11 chronic health conditions, prioritize their importance to your health, and determine your MyHA (MyHealth Assessment) score. Your MyHA score, health risks levels, and the likelihood of developing health conditions are calculated based on your responses to questions about you:

- Personal medical history
- Lifestyle information
- Readiness to change
- Biometric information
- Demographic information

MyHA Score: A standardized measure, like IQ

Just as it has been possible for decades to measure a person's intelligence on the IQ scale, WebMD uses sophisticated modeling to measure your overall health on the MyHA scale. Your MyHA score is a standardized universal health index — much like IQ is a standardized measure of intelligence. MyHA falls within a range of 0 and 100 points, with 100 being optimal overall health. However, a MyHealth Assessment score of 50 is not necessarily average. Average MyHealth Assessment scores vary from peer group to peer group.

The top of your MyHealth Assessment summary shows your MyHA score. It also shows you how your score compares to your gender/age peer group and to your previous score (if you have taken MyHA before).

Your HQ Score

50

John, based upon your answers, your calculated HQ score is 50, compared to your peer average of 62. Some of the areas you need to address to improve your score are blood pressure, weight, and blood sugar. Click the check boxes or use the **'Improve Your Score'** sliders to see how simply improving blood pressure can impact your overall score, as well as your risk of developing other health conditions.

out of 100
previous score: 38

- Lower my blood pressure to recommended range
- Lower my weight to recommended range
- Better control my blood sugar
- Better control my stress

What does my summary mean?

In the sample summary, John's MyHA score of 50 is slightly below his peer average of 62, and well below the optimal health score of 100. It also tells him that his most urgent health risks are blood pressure, weight, and blood sugar control. Improving these risk factors will have the most impact on John's overall health and his odds of developing serious health conditions.

MyHA uses the following peer-group age ranges:

- | | |
|----------------------|--------------------|
| 19 years and younger | 50–59 years |
| 20–29 years | 60–69 years |
| 30–39 years | 70 years and older |
| 40–49 years | |

What are health risk factors?

A modifiable health risk factor is an aspect of your health or lifestyle that has significant impact on your health AND which you have the ability to control. In other words, these are things that you can focus on to improve your overall health and your chances of developing serious and/or chronic conditions. MyHA determines where you stand relative to your peer group and provides insight into your risk level for the following risk factors:

- | | |
|------------------|---------------|
| Alcohol use | Nutrition |
| Blood pressure | Safety |
| Blood sugar | Stress |
| Cholesterol | Substance use |
| Exercise | Tobacco use |
| Emotional health | Weight |

Learning more about your health risks

MyHA creates a personal Risk Report for each risk factor, which is accessible from the MyHA Summary page. These give you details on where you stand for each specific risk factor, including relative to your peer group. It also provides a clear action plan to proactively address that particular risk factor to improve your MyHA score and risk of developing related chronic condition.

Condition risks

MyHA shows your level of risk of developing the following chronic health conditions:

- | | |
|------------------------------------|---------------------|
| Breast cancer | Heart disease |
| Chronic lung conditions | High-risk pregnancy |
| Chronic musculoskeletal conditions | Lung cancer |
| Colon cancer | Prostate cancer |
| Depression | Stroke |
| Diabetes | |