

## 2015 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 when completing the Well-Being Assessment on or after January 1, 2015. 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, you will receive a 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 2014 Well-Being Report to assist you with completing your 2015 Well-Being Assessment, you must do so by **December 15, 2014**. Follow these steps to print off your 2014 Report:

1. Log in at [www.anthem.com](http://www.anthem.com).
2. Click on the blue **Health & Wellness** tab at the top of the page, then select "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 2014 Well-Being Assessment.
5. Print off the pages you'll need to help complete your 2015 Well-Being Assessment such as your biometric values or preventive care and vaccination dates (if any).

You're encouraged to talk to your healthcare provider about the information in your well-being report and seek advice in making decisions about your health and well-being.

**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.