

# Evaluate your health with TOTAL HEALTH ASSESSMENT

## Questions and answers about Kaiser Permanente's Total Health Assessment

The Total Health Assessment is an easy-to-use online questionnaire that gives you an in-depth look at your overall health—from how often you exercise to how well you're eating—and then suggests lifestyle changes to help you meet your health goals.

As a Kaiser Permanente member, you can take the free Total Health Assessment anytime you like.

For more information, see answers to some commonly asked questions below.

### Q: Where can I sign up or find out more?

**A:** Go to [kp.org/tha](https://kp.org/tha) to access the questionnaire. If you haven't already, you'll need to register with [kp.org](https://kp.org) to participate. To do so, just go to [kp.org/registernow](https://kp.org/registernow).

### Q: How does the questionnaire work?

**A:** To begin the questionnaire, just sign on with your [kp.org](https://kp.org) user ID and password. The questionnaire asks you a variety of questions related to your personal health. Before you start, it's a good idea to have certain information handy to input, like your cholesterol levels and any recent lab test results.\*

Once you've finished, the program generates a personalized action plan for you. This action plan recommends simple lifestyle changes, based not only on your risk for developing certain health conditions, but also on how motivated you are to make changes. You can print out your results if you like, but the plan is also accessible online, where you can review it anytime you want.

### Q: Will my personal physician at Kaiser Permanente be able to see my results?

**A:** You can choose to make your Total Health Assessment a part of your electronic health record, in which case your personal physician and other members of your health care team will be able to see a summary of your results.

Just click on the option to share your information with Kaiser Permanente when you complete the assessment.

From then on, you'll be able to access your Total Health Assessment results through the "My medical record" section at [kp.org/myhealthmanager](https://kp.org/myhealthmanager).

### Q: Is my private health information safe?

**A:** We are dedicated to protecting your privacy and maintaining the security of your personal information. We use procedural, physical, and electronic security methods specifically designed to prevent people who aren't authorized from getting access to your information. For example, we use industry-standard security and encryption practices such as Security Socket Layer (SSL) protection, a standard communication method that's built into most commercial browsers to keep sensitive data secure as it's transmitted over the Internet. We are committed to protecting the data you provide, and any reports sent to you, such as personalized action plans, are done so in compliance with all applicable federal laws and regulations, including HIPAA—the federal Health Insurance Portability and Accountability Act, which regulates transmission and communication of health information by health plans.

If you choose to include your Total Health Assessment summary in your electronic health record, only your doctor and other appropriate Kaiser Permanente health staff will have access to it. This information may be used for research or health care operations. In all cases your information will be kept private. For example, research or quality improvement reports will only describe groups, and will never identify you individually.

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[kp.org/tha](https://kp.org/tha)

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**Q: Who can access my information when I include the results of my Total Health Assessment in my electronic health record?**

**A:** We respect your right to privacy, and we're committed to ensuring that your personal information is secure. If you include your results in your electronic health record, only your personal physician and other appropriate Kaiser Permanente health staff will have access to it.

Kaiser Permanente will not use information from your health assessment for underwriting purposes, or to determine your premiums or eligibility for coverage.

And you're always welcome to take the Total Health Assessment without making the results a part of your electronic health record. The choice is entirely up to you.

**Q: What should I do after I receive my personalized action plan?**

**A:** Depending on the results of your Total Health Assessment, you may receive suggestions for how to improve your health. These may include tips on healthy eating, exercise, or stress management; or recommendations to take other healthy lifestyle programs, such as HealthMedia® Breathe® to help you quit smoking or HealthMedia® Nourish® to help you improve your eating habits, at your own pace.

You'll also be linked to interactive health tools to help you stay on track.

Besides the Breathe and Nourish programs, you can take other personalized healthy lifestyle programs to help you lose weight, manage chronic conditions, reduce stress, or eat healthy. Go to [kp.org/healthylifestyles](http://kp.org/healthylifestyles) to learn more about these programs.

**Q: Is the Total Health Assessment offered in Spanish?**

**A:** Yes. And, in addition to the Total Health Assessment, other programs available in Spanish include nutrition, weight management, quitting smoking, and stress reduction. Go to [kp.org/vidasana](http://kp.org/vidasana) for programs in Spanish.

**Q: Will my personal physician at Kaiser Permanente have access to information from other healthy lifestyle programs I take?**

**A:** Not at this time. If you'd like to share and discuss the results from your other programs, you can print those reports and bring them to your next office visit, or if you are receiving care at a Kaiser Permanente facility, you can email highlights to your physician through My Health Manager at [kp.org/myhealthmanager](http://kp.org/myhealthmanager).

**Q: If I've already taken the Total Health Assessment, can I include it in my electronic health record?**

**A:** You're able to take the Total Health Assessment whenever you like. If your lifestyle's changed and you want to retake it, it's available. You may choose to include the results of the new Total Health Assessment even if you didn't on previous occasions.

**Q: How often should I take the program?**

**A:** We recommend taking the Total Health Assessment once every 12 months so you have time to make the most of your personalized action plan.

\*If you've received care at a Kaiser Permanente facility, you can check My Health Manager to see if you have recent test results available online. Just go to [kp.org/myhealthmanager](http://kp.org/myhealthmanager) and select "My medical record." From there, you can access your test results.

[kp.org/tha](http://kp.org/tha)