



My Health Matters!

Instructions for Completing the Online Health Assessment

Kaiser Permanente Members:

To access and complete the health assessment to earn towards your reward, you must go through the new KP rewards site: <https://healthworks.kp.org/COSB> (this site is available until the end of the program: April 30, 2016). Click the sign in button and use your KP user ID and password to enter the site. For first time users of the platform, you will need to agree to the HIPAA authorization and confirm or update your email and mailing address.

Instructions from the main page of the site:

- Click the arrow by the THA activity and click “**Click here to get started.**”
- From there, you will be sent to the HealthMedia site where you can Click “**Go**”, for the Total Health Assessment, and then click “**Start Your Questionnaire.**”
- If you have taken the THA in the past year, you will click “**Retake**” to access the THA.
- Complete the questionnaire using your biometric screening results, including your waist measurement. These items are not required, but will help to tailor your health plan to your needs.
- Once you have answered all of the questions, click “**Submit,**” and then your Health Summary will appear – it will also be emailed to the email address that you provided through kp.org.
 - If you click “**Next,**” you will see information on your personalized health priorities based on your answers.
 - If you click “**Action Steps,**” the recommended self-guided online health improvement classes (Digital Health Coaching) will be shown.
- Click “**Start Consultation**” to begin an online program.

As a reminder, completing the THA is one part of your wellness rewards – you must also have current biometric screenings that you can view on the rewards site. Once all of these items are complete, you can redeem your \$100 VISA reward card on the site. Please allow up to **14 days** for your updated biometrics and up to **48 hours** for your completed THA to appear on the rewards site. When you redeem your \$100 VISA reward card on the site, please allow up to 10 business days to receive your card. The card will be mailed to the address that you provided (or confirmed) when you registered for the rewards site. You can also make any updates to your address when you redeem your card. Please note: the program concludes on **April 30, 2016.**

Note: All incentives are subject to funding availability. Only employees that are enrolled as the subscriber of a County-sponsored medical plan are eligible to earn rewards.