

It's like an IQ test for your health

Just as an IQ test can measure your intelligence, the Health Assessment is designed to measure your health. How does it work? First, you answer a series of questions about your current health status, your personal medical history, your family medical history and your lifestyle. Your answers are then tallied up using a mathematical model. The result: Your Health Assessment score. Your score is just one aspect of the Health Assessment. You'll also receive a personalized report that will help you identify health risks and find ways to tackle them.

The Health Assessment report: Much more than a number

After you've completed your Health Assessment, you'll receive a report that includes the following sections:

Your Health Assessment score. Your score will fall somewhere between 0 and 200. In general, a lower score means more risks. A higher score means fewer risks. This report also includes a graph that illustrates where your score falls in relationship to others in your age and gender group.

Improve your Health Assessment score. Don't like where you fell on the graph? The good news is you're not stuck there. While there are some things you can't change, such as your family history, there are things you can change. Your report includes an Improve Your Health Assessment section that lets you see how certain lifestyle changes can improve your score — and your health.

Risk Profile. A low risk for depression. A moderate risk for high blood pressure. A high risk for diabetes. The Risk Profile shows you your potential health risks. But that's not all. It also tells you why you're at risk. From stress to family history to weight, you'll see the factors that may contribute to health problems down the road.

Take Action. This section includes specific actions you can take to improve your overall health. Maybe it's improving your diet. Maybe it's wearing more sunscreen. Or, perhaps it's time to schedule a long overdue checkup with your doctor.

Doctor's Summary. Your Health Assessment report is most effective when shared with your doctor. That's why it includes a Doctor's Summary you can print out. Hopefully, it will help you make the most of your next doctor's appointment



Improve your health and earn a reward

Beginning January 1, 2009, any PERS Select member who completes the online Health Assessment will be awarded a \$100 debit card. The rewards will be limited to one per family.

Also beginning January 1, 2009, any CalPERS PPO member (Select, Choice or Care) who completes the online Health Assessment will be entered into a quarterly drawing for a \$500 debit card. The debit cards spend like cash and can be used at any location that accepts debit cards. The rewards will be limited to one per family.

To take the Health Risk Assessment visit: anthem.com/ca/calpers and click on "Login or Register" then select MyHealth Assessment.

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