



Five Reasons to Take the Total Health Assessment

As health care workers, we spend every day caring for others—our patients, members and families. But providing good care begins with looking after yourself. Take that first step by completing the Total Health Assessment.

The Total Health Assessment (THA) is a quick and easy online tool that gives you an in-depth look at your overall health. Go to www.kp.org/hwf and click on “Take the THA.”

Still not convinced? Check out these five here-and-now benefits:

1. **Gives you a snapshot of your health.** It will flag health risks that you can avoid, especially risks for chronic conditions such as diabetes or heart disease.
2. **Provides personalized tips to help you stay healthy and feel your best.** You’ll get a confidential plan to guide you in making healthy changes.
3. **It’s quick and easy.** The THA takes just 20 to 30 minutes to complete. Answer as many questions as you can; you don’t need to have all the information to benefit.
4. **Is private, voluntary and confidential.** Kaiser Permanente as the employer will not receive any of your personal biometric information or your THA results.
5. **Could get you a \$150 bonus!** Under the new Total Health Incentive Plan, if 75 percent of your region’s qualifying employees take the Total Health Assessment, they’ll all get a \$150 bonus.

Take care of yourself today. Take the THA!