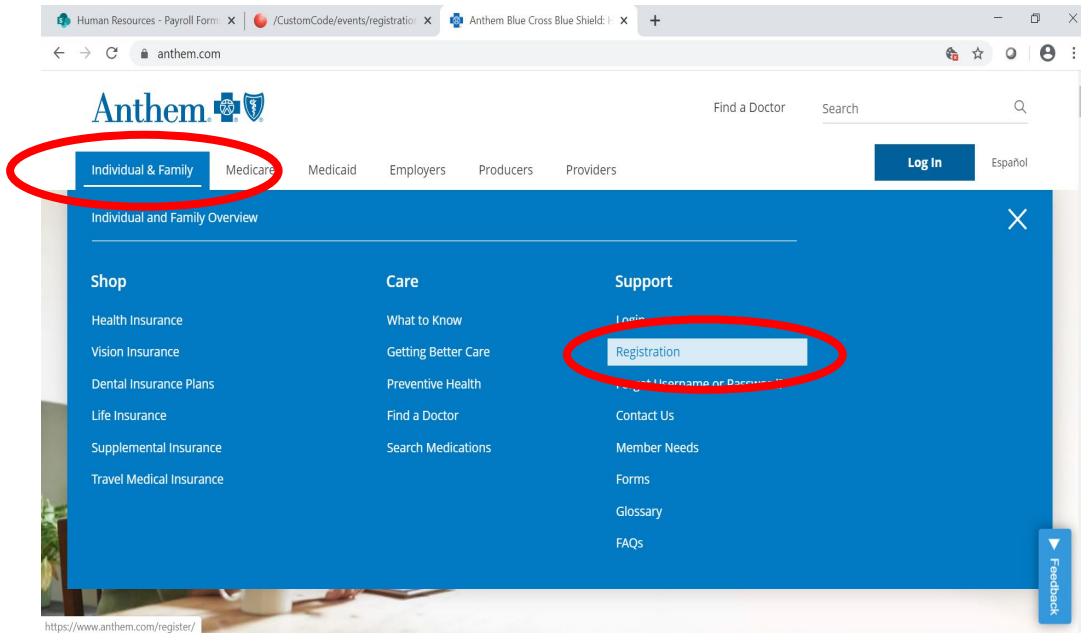


How to complete the Anthem Health Assessment on the Anthem website

What is the Health Risk Assessment? The Health Risk Assessment is an interactive questionnaire that allows you to use your health information to understand your health risks and set custom health goals. **It is free and confidential** and one of two requirements to receive the annual CW wellness incentive.

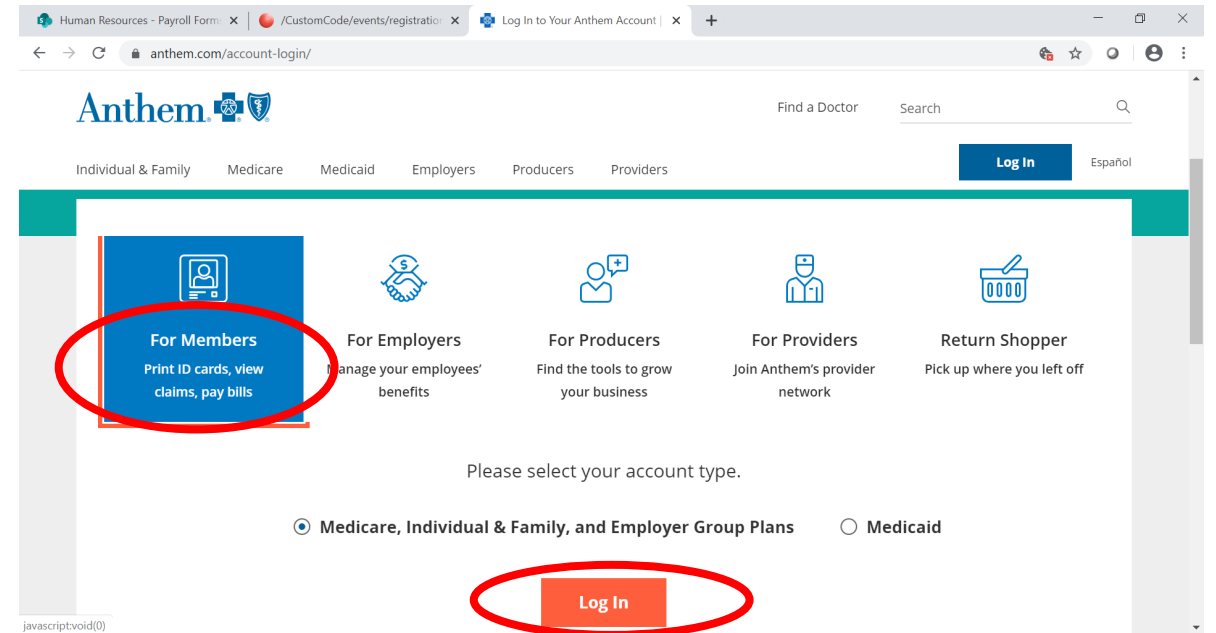
Wellness Incentive questions: Contact Denise Heer, Talent Management Lead, (804) 916-1434 or denise.heer@colonialwebb.com

Anthem website specific questions: Contact Anthem by phone at (800) 582-6941 or through the “Live Chat” Feature on the website. Hover over Support” and click on “Live Chat”.



1

Visit www.Anthem.com. If you have never used the website before, hover over “Individual & Family”, then click on “Registration” – you will need your Anthem card to register.



2

If you have used the website before, click on “Log In” in the top right corner, then click on the orange “Log In” button. Enter your Username and Password.

Member Secure Application x +

membersecure.anthem.com/member/dashboard

Anthem

My Plan Care Support **My Health Dashboard** Español Profile Log out

Visit the [My Health Dashboard](#) section for resources, including badges, rewards and health assessments.

Dashboard

WELCOME BACK

Stay informed about t
19)

Update profile access and settings

Review payments and billing

Update your interests

Order and manage prescriptions

You have 3 unread messages in your Inbox.
[View Message Center](#)

Connect With Care

Find Care
Find health services from doctors, hospitals and more in your plan.

LiveHealth Online
Visit with a doctor or other care provider 24/7.

Your ID Card
View or request member ID cards.

Discounts
View member exclusive offers

3

Take the Next Step to Better Health

<https://membersecure.anthem.com/member/my-health-dashboard>

Once you are signed in, hover over the “My Health Dashboard” tab, then click on “Programs”.

4

The screenshot shows the Anthem My Health Dashboard. At the top, the Anthem logo is visible, along with navigation links for 'My Plan', 'Care', 'Support', and 'My Health Dashboard'. There are also links for 'Español', 'Profile', and 'Log out'. Below the navigation bar, a blue banner contains the text 'Don't have a device? Check out our [Discounts page](#)'. The 'Programs' section is highlighted with a red circle. Below this section, there are two cards: 'Case Management' and 'ConditionCare'. Each card has a description, a phone number, a 'Chat' button, and a 'Learn more' button. At the bottom of the 'Programs' section, a 'View All Programs' link is circled in red. Below the 'Programs' section is the 'My Health News' section.

Scroll down until you see “Programs” and click on “View All Programs”.

5

The screenshot shows a web browser window with the URL `membersecure.anthem.com/member/my-health-dashboard/programs`. The Anthem logo is at the top center. Navigation links include "My Plan", "Care", "Support", "My Health Dashboard", "Español", "Profile", and "Log out". The main content area features a grid of health programs:

- 24/7 NurseLine**: Consult with a registered nurse around the clock to discuss your health concerns. Includes a phone icon, "800-337-4770", a chat icon, and a "Learn more" link.
- Live Health Online**: Visit virtually with a doctor or licensed therapist to discuss your physical and mental health hurdles. Includes a "Learn more" link.
- Preventive Health Guidelines**: Stay on top of your recommended screenings and vaccines based on your age and gender. Includes a "Learn more" link.
- WebMD Health Risk Assessment**: Want to be more energetic? Happier? More balanced? Your assessment is here to help create a plan. This section is circled in red, and its "Learn more" link is also circled in red.
- Online Wellness Toolkit**: (Partially visible at the bottom left).
- Tobacco Cessation Center**: (Partially visible at the bottom right).

A small chat icon is visible in the bottom right corner of the dashboard.

Scroll down until you see “WebMD Health Risk Assessment” and click on “Learn More”.

6

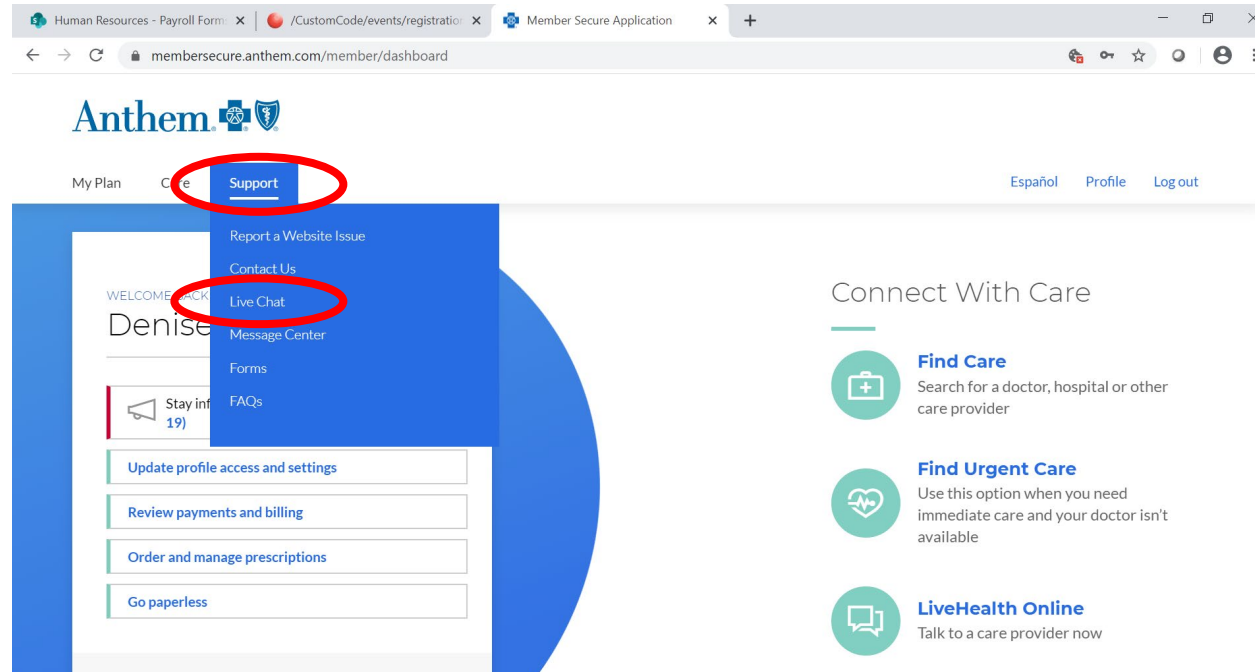
The screenshot shows a web browser window with the URL `membersecure.anthem.com/member/my-health-dashboard/programs?id=WHRA`. The page features the Anthem logo at the top left and navigation links for "My Plan", "Care", "Support", and "My Health Dashboard". On the right side, there are links for "Español", "Profile", and "Log out".

The main content area is titled "WebMD Health Risk Assessment". It includes a large image of a stethoscope on a keyboard. Overlaid on this image is a white box with the text "Take the First Step" and a blue button labeled "Start your assessment" which is circled in red. Below the image, there is descriptive text about the assessment, its benefits, and the cost.

On the left sidebar, under the "Programs" section, there are three cards related to skin care and treatment, each with a bookmark icon and a link icon. A "More" link is at the bottom of this section.

At the bottom of the main content area, there is a "Go to Programs" button.

Click on "Start your assessment".
Follow the instructions to complete the assessment.



7

If you need help, contact Anthem through the “Support” using “Live Chat” or by phone at (800) 582-6941.