How to complete the Health Risk 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 our Payroll Team at (804) 916-1400 or payroll@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".











Visit <u>www.Anthem.com</u>. If you have never used the website before, click on "Register Now". Hover over "Individual & Family" then click "Registration" and complete your profile.





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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.









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







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Scroll down until you see "WebMD Health Risk Assessment" and click on the link.







What it is: When you complete your health assessment you'll onen the door to additional tools that will help you with your



Once you click on "Start your assessment, complete all sections then send proof of completion to <u>payroll@colonialwebb.com</u> – do not send any personal health information.

## **Colonial**







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



