

Answers to Questions about the **THA** and **THIP**

Kaiser Permanente leads the way in making lives better for our employees by working together to improve their total health—mind, body, and spirit. By focusing on our own health, we can be role models for each other, our members and patients, and the communities we serve.

The first step to investing in your wellness is to understand your health by completing the Total Health Assessment. The tool is **PERSONAL AND CONFIDENTIAL** and will ask questions such as how often you exercise and what you eat for breakfast. Then you will receive lifestyle suggestions to help you meet your goals.

1. I have already taken the THA. Why should I take it again?

Taking the THA again will show your progress in improving your health. Awareness is key. Plus, it's faster to complete the second time because you're updating your information. KP has made it a goal that if 75 percent of eligible employees (**management and labor**) in a region complete the THA, we can receive a \$150 payout. Just 30 minutes of your time and you can take care of your health and earn some incentive money.

2. How do I find out if I took the THA this year or last year?

Go to www.KP.org/THA. Click "Start a Total Health Assessment" and log in. To the left of the sunflower, you will see a tab that says, "RETAKE AVAILABLE" if it has been longer than six months. To the right of the sunflower at the bottom of the page, check the date next to "Last plan created..." If the last plan was created before 2013, please retake it.

3. I only have 15 minutes. What if I can't finish the assessment?

You can save it and finish it later.

4. What if I don't have my lab results or want to skip a question?

You can skip questions if you don't know the answer or don't want to answer.

5. Will my privacy be protected? Are my responses secure?

Yes, your responses are secure and your privacy is protected even if you use a KP computer or KP Wi-Fi to complete the assessment. KP cannot access your assessment without your permission. You may choose to include your results in your electronic health record if you would like, but only you and your physician will have those results.



Have your test results ready.

For a more accurate assessment, know your: height, weight, waist measurement, blood pressure, total cholesterol, HDL cholesterol, LDL cholesterol, triglycerides, and glucose (fasting or random). Find your results at www.kp.org/myhealthmanager by clicking on "My medical record" or "My test results." If your results are not recent, you can skip the question.