

HOW TO Take the Total Health Assessment (THA) and/or check the date of your last assessment

1. Ready to start

Go to www.kp.org/THA and click "Start a Total Health Assessment now." You will go to the kp.org log in page.

Depending on your web history on kp.org, you may have to accept terms and conditions, confirm your email, and/or navigate through your personal kp.org page. Look for "Evaluate your total health" or "Total Health Assessment."

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Healthy lifestyle programs

Programs and classes

- Healthy lifestyle programs

Total Health Assessment

- Do a Total Health Assessment

Make smart choices

Do a Total Health Assessment
30 minutes to a healthier you

Chances are, you already know you could take better care of yourself.

But where do you start? And what changes make the most difference?

Answer questions about yourself and get a customized action plan to:

- prevent health problems
- address mind and body issues

Start a Total Health Assessment now.

Printer friendly

2. Sign on to kp.org or go to kp.org/register for first time users

Type in your kp.org user ID and password. Click on "Submit." You must have a kp.org user ID and password to access the questionnaire.

Keep your ID and password safe to protect your personal health information. Always sign out of kp.org when you're finished.

User ID:

Password:

Forgot your user ID or password? [Link](#)

[Sign on help](#)

By continuing, you acknowledge that you've read and accepted our [Terms and Conditions](#) and [Privacy Statement](#). If you haven't, we will ask you to do so before signing you in.

3. Wait! Did I take the THA already?

Look for the sunflower icon to find the THA. Click "Go" to begin. If you have previously taken the THA, you can click "Retake" to update your information. Taking the assessment takes less time if you have completed it in a previous year.

If you took the THA before 2013, please retake it to count for the Total Health Incentive Program. Check the area between "Detail" and the sunflower to see the date of your last plan.

Kaiser Permanente
In collaboration with HealthActiv

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RETAKE AVAILABLE

What would you like to do today?

Total Health Assessment, Take two!

What's better than an assessment of your health? How about an updated assessment? To retake Total Health Assessment, click "Retake" and compare where you are now with where you started.

Last plan created on 03/21/2014

Detail | Retake

Manage my weight. | Eat healthier.