



How to Take

Kaiser Permanente's Health Risk Assessment (HRA)

Name of Kaiser Permanente's HRA: Total Health Assessment

What you'll need to take the Total Health Assessment:

- Your subscriber ID

What health information you may want to have on hand to take the Total Health Assessment:

- Your blood pressure
- Your cholesterol levels
- Date of your last immunizations and preventive screenings

Once you're ready, go to www.washingtonwellness.gov

- Click on "My Risks"
- Under "How Do I Take My HRA?" select Kaiser Permanente
- Register if you need a username and password (You may need to receive a password by mail. This step ensures privacy of your health information.)
- Sign in to Health Lifestyle Programs
- Click "Get a Personalized Total Health Assessment"

Have a question or need help?

- Call 1-800-556-7677