

# Health assessment FAQ

## What is a health assessment and why should I take it?

The health assessment is an online assessment that asks a series of questions about your everyday health habits and behaviors. It covers a variety of topics, including physical activity, food selection and your health attitude. You will receive valuable feedback about your health and risk factors. Research shows that this feedback can help you understand your health needs. Awareness is the first step in making healthy changes that can reduce your risks and improve your quality of life.

## Why is there a new health assessment?

In order to provide members with the most current and highest quality health maintenance resources, Moda Health has upgraded our health assessment. Members now have access to an assessment that provides the means to discover their health and health needs. Because this is a brand new health assessment, members who have taken the health assessment in prior years will need to retake the new assessment from the beginning in order to receive their new report and health recommendations. Health reports from previous years will no longer be available to view.

## What happens to my information?

Moda has a companywide commitment to comply with each of the standards mandated by the Health Insurance Portability and Accountability Act (HIPAA) of 1996. Visit [modahealth.com](http://modahealth.com) and search "HIPAA" for more information.

## How do I take the assessment?

The health assessment is available in your myModa account. Go to [modahealth.com](http://modahealth.com) and sign in. If you don't already have a myModa account, creating one is easy. Visit [modahealth.com](http://modahealth.com) and click on "Create an account" in the myModa login box. With your Moda member ID card handy, follow the instructions to complete your registration.

## Does my employer see the answers to my assessment?

No, employers do not have access to an individual's answers. Employers may use a population's aggregate data to gain a better understanding of the population's needs.

## Can my answers affect my health insurance, healthcare coverage or premiums?

No, any information provided in the health assessment has no effect on a member's health insurance.

## What do I do if I forget my username or password?

Members can click "forgot your password" or the "forgot your username" link on myModa for assistance when signing in. Another option is to contact the myModa web administrator at 888-374-8907, Monday-Friday, 7:30 a.m. to 5:30 p.m. Pacific Time. Or, email [mymoda@modahealth.com](mailto:mymoda@modahealth.com).

## Can I take the health assessment more than one time?

Yes, there is no limit on how many times you can take the health assessment. We do recommend taking it at least once a year.

## How long will the health assessment take?

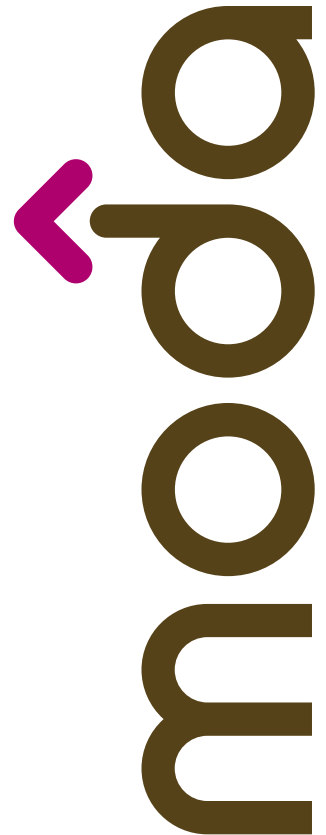
The assessment will take 10–15 minutes to complete.

## How does the health assessment work?

The assessment uses questions that create an intuitive and interactive questionnaire. The content adjusts with every response to give members a personalized look at their health.

## Can I stop and finish the assessment later?

Yes, the assessment will save your progress. When you are ready to come back, you can start right where you left off.



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## What is the Health Shelf?

The Health Shelf is a library of wellness resources that can be used to learn more about a number of topics. You can read articles, take tests and discover websites to learn more about your health.

## What is the personal report?

The personal report is the results that are compiled from your health assessment answers. You can discover your wellness score and health age. You can also see the areas where you are doing well, should be cautious or are at risk.

## What is the physician summary?

The physician summary is a report that you can print out and take with you to your doctor. Having the information in front of you is a good way to help you ask the questions that you might forget otherwise. The physician summary helps you and your doctor understand your health better. You can also use the summary to discover what tests you might need. The results can be added to your health assessment to create a more complete picture of your health.

## Is the physician summary sent to my doctor?

No, the physician summary is there as a resource for you. If you wish to bring this to your doctor, it might help them give you the best care.

## Can I view my previous tests?

Yes, click the "view previous years" drop down. From there you can select a different assessment by clicking the arrow right. If you find an assessment you would like to view, click the "personal report" or "physician summary" depending on what you are looking for.

## Can I edit my assessment if I made a mistake or have new information?

Yes, click the "view previous years" drop down. From there you can select a different assessment by clicking the arrow right. If you find an assessment you would like to edit, click the "edit assessment" link.

## What is a wellness score?

The wellness score is compiled from all of your health assessment answers. The score you see is out of 100 total points. The closer you are to 100 the closer you are to perfect health.

## What is health age?

Health age is a measure of how old your body is as compared to your actual age. It is based on health and lifestyle factors. You can be 40 years old and have the health age of a 30 year old. Or, you can have the health age of someone 50. Healthy habits lower your health age.

## What should I do if my health assessment says I'm at risk?

Talk with your doctor. You can print a physician summary to aid you in your discussion, and highlight areas where you are at risk.

If there are areas you would like to improve, Moda offers health coaching programs that may be of interest to you. Please call 877-277-7218 to learn more.

If you don't have a doctor and need help finding one, please call Moda customer service at 888-217-2363.

