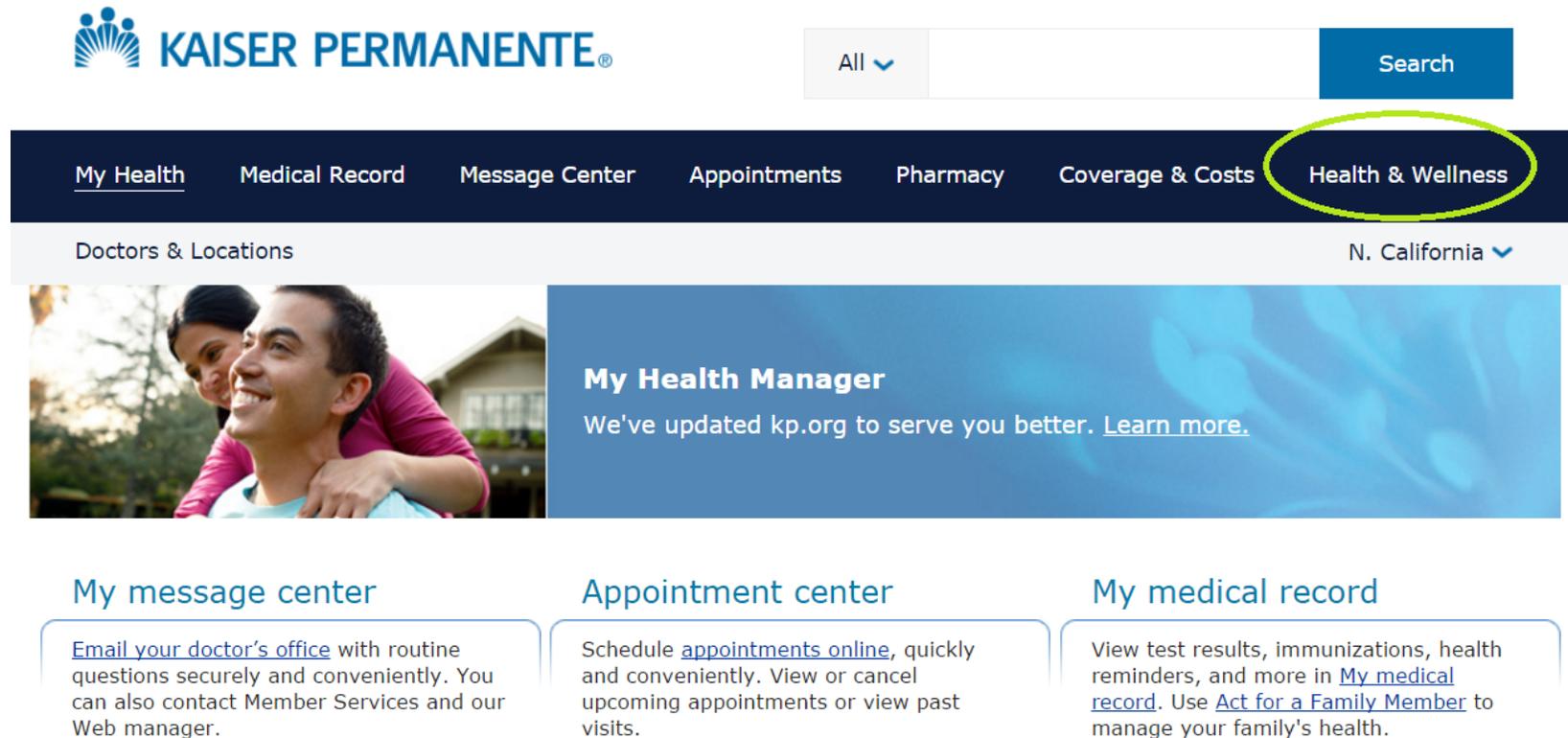


How to View Your Total Health Assessment Completion Certificate

- 1) Log in to **kp.org**
- 2) Click **“Health & Wellness”**



The screenshot shows the Kaiser Permanente website interface. At the top left is the Kaiser Permanente logo. To its right is a search bar with a dropdown menu set to 'All' and a blue 'Search' button. Below the search bar is a dark blue navigation bar with white text links: 'My Health', 'Medical Record', 'Message Center', 'Appointments', 'Pharmacy', 'Coverage & Costs', and 'Health & Wellness'. The 'Health & Wellness' link is circled in yellow. Below the navigation bar is a light gray bar with 'Doctors & Locations' on the left and 'N. California' with a dropdown arrow on the right. The main content area features a banner for 'My Health Manager' with a photo of a smiling couple and the text: 'We've updated kp.org to serve you better. [Learn more.](#)' Below the banner are three service cards: 'My message center' with a description about emailing doctors, 'Appointment center' with a description about scheduling appointments, and 'My medical record' with a description about viewing test results and immunizations.

KAISER PERMANENTE

All ▾ Search

[My Health](#) [Medical Record](#) [Message Center](#) [Appointments](#) [Pharmacy](#) [Coverage & Costs](#) **[Health & Wellness](#)**

Doctors & Locations N. California ▾

My Health Manager
We've updated kp.org to serve you better. [Learn more.](#)

My message center
[Email your doctor's office](#) with routine questions securely and conveniently. You can also contact Member Services and our Web manager.

Appointment center
Schedule [appointments online](#), quickly and conveniently. View or cancel upcoming appointments or view past visits.

My medical record
View test results, immunizations, health reminders, and more in [My medical record](#). Use [Act for a Family Member](#) to manage your family's health.

3) Click “Programs and classes”

The screenshot shows the Kaiser Permanente website interface. At the top left is the Kaiser Permanente logo. To its right is a dropdown menu currently set to 'All' and a blue 'Search' button. Below this is a dark red navigation bar with links for 'My Health', 'Medical Record', 'Message Center', 'Appointments', 'Pharmacy', 'Coverage & Costs', and 'Health & Wellness'. Underneath is a light grey bar with 'Doctors & Locations' on the left and 'N. California' with a dropdown arrow on the right. The main content area features a large blue banner with the text 'Health And Wellness' and an image of people looking at fresh produce. Below the banner are three columns of content:

- Live healthy**: One site says you need to drink more water. Another says you don't. Why click around? Get [physician-reviewed health information](#) and online tools right here.
- Conditions and diseases**: Not feeling like yourself? Learn about common conditions in our [health guides](#), use our [symptom checker](#), or explore our [health encyclopedia](#).
- Drugs and natural medicines**: Get the facts on the prescriptions in your medicine chest and the vitamins in your kitchen with our [drug and natural medicine resources](#).

Below these columns is a section titled 'Programs and classes', which is circled in green. The text reads: 'The advantages of being a Kaiser Permanente member start now. Get [online programs](#), [special rates](#), [wellness coaching](#), and [classes](#) to help you live healthier.'

4) Click “Take a Total Health Assessment”

The screenshot shows the Kaiser Permanente website interface. At the top left is the Kaiser Permanente logo. To its right is a search bar with a dropdown menu set to 'All' and a blue 'Search' button. Below the logo is a dark red navigation bar with links for 'My Health', 'Medical Record', 'Message Center', 'Appointments', 'Pharmacy', 'Coverage & Costs', and 'Health & Wellness'. Underneath this is a light grey bar with 'Doctors & Locations' on the left and 'N. California' with a dropdown arrow on the right. The main content area has a left sidebar with a 'Health and wellness' section containing a sub-section 'Programs and classes'. Under 'Programs and classes', there is a list of options: 'Classes, coaching, and more', 'Classes, support groups, and programs', 'Wellness coaching', 'Advance care planning', 'Total Health Assessment' (circled in green), and 'Make smart choices' with sub-items 'Eat healthy' and 'Lose weight'. The main content area features a large banner image of two children at a whiteboard. Below the banner is a section titled 'Programs & classes' with a strawberry icon and text: 'The advantages of being a Kaiser Permanente member start now. Get online programs, special rates, and classes offered at our medical centers to help you live healthier.' To the right of this section are two yellow-bordered boxes. The first is titled 'Look, listen, learn' and contains two items: 'View videos on topics from asthma to preventing falls.' and 'De-stress your day by tuning into one of our relaxation podcasts.' The second is titled 'A coach in your corner' and contains the text: 'Let a [wellness coach](#) help you reach your health'.

KAISER PERMANENTE

All ▾ Search

My Health Medical Record Message Center Appointments Pharmacy Coverage & Costs Health & Wellness

Doctors & Locations N. California ▾

Health and wellness

- Programs and classes**
- Classes, coaching, and more
 - Classes, support groups, and programs
 - Wellness coaching
 - Advance care planning
- Total Health Assessment**
 - Take a Total Health Assessment
- Make smart choices
 - Eat healthy
 - Lose weight

Programs & classes

The advantages of being a Kaiser Permanente member start now. Get online programs, special rates, and classes offered at our medical centers to help you live healthier.

Look, listen, learn

- View videos on topics from asthma to preventing falls.
- De-stress your day by tuning into one of our relaxation podcasts.

A coach in your corner

Let a [wellness coach](#) help you reach your health

4) Click “Start a Total Health Assessment”

KAISER PERMANENTE

All Search

My Health Medical Record Message Center Appointments Pharmacy Coverage & Costs Health & Wellness

Doctors & Locations N. California

Programs and classes

- Healthy lifestyle programs

Total Health Assessment

- Do a Total Health Assessment

Make smart choices

- Eat healthy
- Lose weight
- Quit smoking
- Reduce stress

Manage ongoing conditions

- Chronic pain
- Depression
- Diabetes

Take 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 begin? And what changes make the most difference?

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

- prevent health problems
- feel your very best

[Start a Total Health Assessment now.](#)

Printer friendly

Start a program today

[Sign on](#) to quit smoking, lose weight, and more.

My health manager

[View recent test results](#) to help you complete your Total Health Assessment.

Talk, share, and learn

Connect with others in [online communities and support groups](#).

Reviewed by: Mark Groshek, MD, April 2016

4) Retake the THA or access your current THA program

To view your current certificate, click “Continue” to access current program



You can retake Total Health Assessment!

Since you've last taken Total Health Assessment, some things in your overall health may have changed. What's great is that you are eligible to take Total Health Assessment again. You'll be able to give us an update, and we'll have a clear sense of how you are doing today.

After you complete your Total Health Assessment questionnaire, you'll receive a new Total Health Assessment plan. We'll keep the last version of your Total Health Assessment plan in case you want to have a look at it again.

To retake Total Health Assessment, choose the button below

Retake Total Health Assessment

To access your current Total Health Assessment program, choose the button below

Continue

- 5) Find the “**trophy**” icon on the top right side of the screen
- 6) Click on “**My Achievements**”



- 7) Choose the certificate that you want **to view, save or print**

