What's in it for you?

Taking the MyHealth Assessment is worth your time and attention because you may:

- Help keep smaller health issues from occurring or turning into big problems down the road — the MyHealth Assessment can provide an early alert to potential health risks.
- Get set up for success — setting realistic goals can make you more likely to achieve them. And that kind of success feels good. Really good.
- Get more help than you might think — including additional wellness information and online resources. You even get a separate health report that you can take to your next doctor’s visit to set new goals and action steps.

What will you do for better health today?

Take the MyHealth Assessment and take action. Register/log in at anthem.com. Click on the Health and Wellness tab, then click MyHealth Assessment.

There is no cost to you to take the MyHealth Assessment. Your identity & any information you provide or receive will remain confidential.