Protecting Your Privacy

When Taking the MyHealth Assessment

Protecting your privacy is not only important, it’s the law. When you register to take the MyHealth Assessment at anthem.com, you set up a secure log-in, so only you will have access to it.

Any personal information you enter on the MyHealth Assessment is protected under federal HIPAA regulations (Health Insurance Portability and Accountability Act).

When you answer questions on the MyHealth Assessment, your personal information (i.e., your specific answers and health values) will be kept confidential and will not be shared with your employer. The only information your employer receives is an aggregate report that summarizes overall participation in the MyHealth Assessment and general population health status. Aggregate summary reports are only meant to help your employer better plan for future wellness initiatives in the workplace that may help improve employee health.

If your employer is offering an incentive for taking the MyHealth Assessment, your employer will receive a list of participants so that incentives can be awarded; however, your specific answers and health values will remain confidential.

ABOUT YOUR PERSONAL HEALTH REPORT

Any information provided in your personal health summary is not a medical diagnosis. That’s why it’s always important to follow-up with your doctor once you receive your report. Only your doctor can confirm results of your health assessment and outline a care plan that’s best for you.

The MyHealth Assessment is free and can be taken more than once at any time.