

How to Access the Anthem MyHealth Assessment

Step 1: Go to www.Anthem.com and Sign In

The screenshot displays the Anthem website homepage. On the left, there is a photograph of a young child sitting on a woman's shoulders in a field of tall grass. The Anthem logo and tagline "Health. Join In." are in the top left corner. A central orange box contains the text: "It's not just insurance. It's your key to health and wellness. Welcome to Anthem." To the right of this box are three vertical navigation bars labeled "Anthem Difference", "Plans & Benefits", and "Health & Wellness". On the far right is a "CUSTOMER CARE" sidebar with a dropdown menu. Below the menu is a "Member Log In" section with fields for "Username" and "Password", a "LOG IN" button, and links for "Register", "Forgot Username", and "Forgot Password?". There is also an "Alternate Languages" section with links for Español, 中文, Tagalog, 한국어, and Tiếng Việt. Below this are three buttons: "FIND A DOCTOR (Dentist, Pharmacy, or Hospital)", "REFILL A PRESCRIPTION", and "CHECK CLAIM STATUS". At the bottom of the sidebar is a "SHOP FOR:" section with links for Health, Medicare, Dental, Vision, and Life. Finally, an "INFORMATION FOR:" section lists Providers, Employers, Agents/Brokers, and State Sponsored.

Anthem. Health. Join In.SM

It's not just insurance.
It's your key to health and wellness.

Welcome to Anthem.

Anthem Difference Plans & Benefits Health & Wellness

CUSTOMER CARE

Member Log In [Take a Tour](#)

Username

Password

[Register](#) **LOG IN**

[Forgot Username](#) or [Forgot Password?](#)

Alternate Languages:
[Español](#) [中文](#) [Tagalog](#)
[한국어](#) [Tiếng Việt](#)

FIND A DOCTOR
(Dentist, Pharmacy, or Hospital)

REFILL A PRESCRIPTION

CHECK CLAIM STATUS

SHOP FOR:

[Health](#)

[Medicare](#)

[Dental](#)

[Vision](#)

[Life](#)

INFORMATION FOR:

[Providers](#)


[Employers](#)

[Agents/Brokers](#)

[State Sponsored](#)

Step 2: Access the Health & Wellness Page

Print

Anthem. 
Health. Join In.™


Account Summary Plans & Benefits **Health & Wellness**

Wellness Tool Kit
Improve Your Health

Health and Wellness

360° Health Philosophy

- [What is 360° Health?](#)
- [Find Programs to Help You](#)
- [See 360° Health in Action](#)



Health Assessment

How Healthy Are You?

Score **90**

Determine your overall health status by completing the MyHealth Assessment.

Your Health & Wellness in Indiana

- [Journey Forward - Tools and Resources for Cancer Survivors](#)
- [Healthy Solutions Newsletter](#)

Step 3: Click the 'Take MyHA Now' link

The screenshot shows the Anthem Health & Wellness portal. On the left is a navigation menu with three main sections: Account Summary (green), Plans & Benefits (blue), and Health & Wellness (purple). Under Health & Wellness, there are links for Wellness Tool Kit and Improve Your Health. The main content area features the Anthem logo and the slogan "Health. Join In.™". Below this is a "Health and Wellness" section with a "360° Health Philosophy" heading and a list of links: "What is 360° Health?", "Find Programs to Help You", and "See 360° Health in Action". A "Health Assessment" widget is displayed, showing a "How Healthy Are You?" score of 90 on a scale from L (Low) to H (High). A callout box with a pink border highlights the "Take my HA now >" link at the bottom of the widget. The text inside the callout box reads: "Determine your overall health status by completing the MyHealth Assessment. Identify your health risks and see how your health compares to other members. Then learn what steps you can take to make... Take my HA now >".

Print

Account Summary Plans & Benefits Health & Wellness

Wellness Tool Kit

Improve Your Health

Anthem. Health. Join In.™

Health and Wellness

360° Health Philosophy

- What is 360° Health?
- Find Programs to Help You
- See 360° Health in Action

Health Assessment

How Healthy Are You?

Score 90

Determine your overall health status by completing the MyHealth Assessment. Identify your health risks and see how your health compares to other members. Then learn what steps you can take to make...

[Take my HA now >](#)

Begin the MyHealth Assessment



Health Assessment

Whether you think you're perfectly healthy or know you have a few areas you can work on, taking MyHealth Assessment may be the smartest thing you can do for your health.

Your privacy in taking this assessment is something we take very seriously. Please see our [privacy policy](#) for details on how we protect you.

[Take MyHealth Assessment now.](#)

What is MyHealth Assessment?

MyHealth Assessment is a health risk assessment tool that helps you uncover potential health risks and recommends positive steps to control your specific health risks.

[About this tool](#)

Why Take MyHealth Assessment?

Many health risks don't make you feel bad until you are well on your way to a serious problem. That is why measuring your potential risks is important. If you find out you are at risk and receive the proper guidance on how to minimize those risks, you can actually take steps to avoid developing health conditions such as heart disease, diabetes, and stroke.

Taking MyHealth Assessment requires only about 15 minutes, and it can make a huge difference in your life. Once you've answered all of the questions, you will receive an easy-to-understand report. It will outline your specific risk levels for a variety of health conditions and common risk factors, like weight and blood pressure, along with providing an action plan for reducing your risks. Then you'll receive instant feedback on how changing your behavior now affects your chance of developing health conditions in the future.

You will also be able to see how your MyHealth Assessment results compare to those of your peers of the same gender and similar age range!