

# TODAY I WILL

*take the MyHealth Assessment  
and take action.*

*The best time to make a healthy change is  
always right now. Because right now, a lot of  
things depend on you to stay well: your family,  
your income, your favorite activities.*

So how do you know what needs attention health-wise right now? Or where to start making positive changes? Begin by taking the MyHealth Assessment, Anthem Blue Cross' online health assessment available to its members at [anthem.com/ca/calpers](http://anthem.com/ca/calpers).

## **What is the MyHealth Assessment and how does it work?**

The MyHealth Assessment is essentially a health calculator. Just answer some online questions about your current health, lifestyle and health history. Then, you get feedback telling you:

- How you're stacking up health-wise.
- Where you may make improvements, with some how-to suggestions.
- If you qualify for other health programs that may be offered through your benefits plan at no additional cost to you.

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



## **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.

## **Improve your health and earn a reward**

Any PERS Select member who completes the online Health Assessment will be awarded a \$100 debit card. The rewards will be limited to one per family.

Also, any CalPERS PPO member (Select, Choice or Care) who completes the online Health Assessment will be entered into a monthly drawing for a \$250 debit card (20 total per month). The rewards will be limited to one per family. All debit cards spend like cash and can be used at any location that accepts debit cards.

To take the Health Risk Assessment visit: [anthem.com/ca/calpers](http://anthem.com/ca/calpers) and click on "Login or Register" then select MyHealth Assessment.