Complete your Health Assessment and get a FREE MEUHP Wellness T-Shirt!

Deadline extended to December 1, 2010



MISSOURI EDUCATORS
UNIFIED HEALTH PLAN, INC.





*Missouri Educators Unified Health Plan Forrest T. Jones & Company, Inc. Plan Administrator Thanks to all the employees and retirees who have already completed your HA (Health Assessment).

If you have not completed your HA assessment since 6-30-10, and would like a free MEUHP Wellness t-shirt, you have until **December 1, 2010** to complete your assessment on line at www.anthem.com.

All employees and retirees who are covered on the District's Group Health Plan through the MEUHP* have access to the HA. This short on line questionnaire can help you better assess your health status, compare to national averages and offer advice and information on how to improve your overall health.

Instructions on how to access the HA are attached. Once you complete your HA, contact Kay Coomer at 800-821-7303 ext 1549 or by email at kcoomer@ftj.com and she will ship you a free t-shirt.

Free T-shirt offer extended to December 1, 2010.

How to access the Health Assessment

Go to www.anthem.com and click on Register —you'll need your Anthem ID # to register.





Select the link: <u>Take my HA now</u> under Health Assessment.



Your answers to the Health Assessment are **confidential**! Your employer cannot access this information.

Ahou	You: Enter your personal information below.
ADOU	Tou. Litter your personal information below.
What	is your height?
5' 7"	<u> </u>
What	is your weight?
270	lbs
What	is your waist measurement?
40	inches (Measure around your bare abdomen just above your hip bone.
	Tape should be snug and parallel to the floor.)
What	is your ethnic origin?
	onal) Why is this important for evaluating my health risks?
	Asian
0	Black or African-American
C	Hispanic or Latino
C	Indian
C	American Indian or Alaska Native
C	Native Hawaiian or other Pacific Islander
C	White/Caucasian
C	Multi-ethnic
0	Other

Your MyHA Score Bernie, based upon your answers, your calculated MyHA score is 92, compared to your peer average of 66. Click the check boxes below or use the **'timprove Your Score**'s sliders to see how simply improving stress can impact your overall score, as well as your risk of developing certain health conditions. Decrease your stress. Exercise more Eat a healthier diet Improve Your Score How does this tool work? Below are some of your key modifiable risk factors. Use the sliders to see how changing your behavior can change your risks of certain conditions. The changes you make to the risk factors to the left will affect your risk of these conditions: Prostate cancer Highest Risk Medium Risk Lowest Risk Heart disease Colon cancer ic lung conditions Lung cancer Depression Diabetes Musculoskeletal conditions Low Risk Reset to your current values 🧵

Your Health Assessment Score—

Your score will fall somewhere between 0 and 100. In general, a lower score means more risks. A higher score means fewer risks. You'll also receive a personalized report that will help you identify health risks and find ways to tackle them.



