

# KPWA - How to take a Health Assessment

1. Visit [www.kp.org/wa](http://www.kp.org/wa) and select “Sign in” above the search box.
2. Enter your **Member ID** and **Password**, then click “Sign on”.

The screenshot shows the Kaiser Permanente Washington website. At the top left is the Kaiser Permanente logo. A search bar is located at the top center. To the right of the search bar, a red arrow points to the "Sign In" link. Below the search bar is a navigation menu with links for "Shop Plans", "Get Care", "Find a Doctor", "Member Resources", and "Wellness". A large banner image shows a man looking at a computer screen. Overlaid on the banner is a white box with the text "Coronavirus and COVID-19 symptoms?" and a "Get care now" button. A sign-in modal is open on the right side of the page. It has a title "Sign In" with a close button "x". Inside the modal, there are two input fields: "MEMBER ID" with the placeholder "Enter member ID" and "PASSWORD" with the placeholder "Enter password". Below the password field are links for "Forgot your password?" and "Register now". A blue "Sign on" button is at the bottom of the modal. A red arrow points to this button. To the right of the modal is a vertical list of services: "Make an appointment", "Call a consulting nurse", "Make a payment", "Request reimbursement", "Request medical records", "Refill a prescription", "Get a cost estimate", and "Find a location". Below this list is a "Featured resources" section with links for "Community events", "Vision and eye care", "Pregnancy services", and "Health and wellness". At the bottom right is the NCQA Quality Rating logo for Kaiser Permanente Washington.

**Welcome to Kaiser Permanente Washington**

Total health takes teamwork. Our coordinated care teams work with you — and each other — to help keep you healthy. And that’s important — because something as simple as having doctors and specialists who talk to each other can speed up your care, improve your treatment, and let you focus on living your life. Staying healthy should be easy. With the right team, it is.

- Shop our plans**  
As a Kaiser Permanente member, you get more than just a health plan.  
[Shop health plans](#)
- Doctors and locations**  
Find top-notch Kaiser Permanente doctors and convenient locations near home or work.  
[Find doctors and locations](#)
- New member? Start here**  
It’s easy to get started with a few simple steps: register online, find a doctor, and transfer prescriptions.  
[Get started](#)

**Services:**

- Make an appointment
- Call a consulting nurse
- Make a payment
- Request reimbursement
- Request medical records
- Refill a prescription
- Get a cost estimate
- Find a location

**Featured resources:**

- Community events
- Vision and eye care
- Pregnancy services
- Health and wellness

**NCQA Quality Rating**  
Kaiser Permanente Washington

3. After signing in, you will be directed to the Member Dashboard. The Member Dashboard contains several “cards” of information and actionable links relating to your membership.
4. Scroll down and look for the card labeled “Health Profile”.

KEVIN HAVENS | Account Preferences | Sign Out

KAISER PERMANENTE

Search Search

Get Care Appointments Message Center Medications Medical Record Coverage & Costs

Find Care Care Chat E-visit (Online Visit) Consulting Nurse Urgent Care

KEVIN HAVENS

**Appointments (0)** →  
You have no upcoming appointments.  
🕒 SCHEDULE AN APPOINTMENT  
🕒 VIEW APPOINTMENTS, AFTER VISIT SUMMARIES, AND NOTES  
🗨️ START CARE CHAT NOW?

**Medications** →  
You have no medications.  
➡️ TRANSFER PRESCRIPTIONS  
🗨️ CHAT WITH A PHARMACY REPRESENTATIVE?

**Referral Status** →  
You have no referrals.  
➡️ SEE ALL REFERRALS  
➡️ REFERRAL LETTERS  
### ERROR: missing content value 'home.cards.referralStatus.info.text' ###

**Care Team** **Messages (1)** → **Care Reminders (3)** →

Scroll ↓

5. Once you have located the Health Profile card, click on “**Complete Your Health Profile**”.

The screenshot shows a patient portal dashboard with several sections:

- CONTACT CARE TEAM** (with an envelope icon)
- START CARE CHAT NOW** (with a speech bubble icon and a question mark)
- SEE ALL CARE REMINDERS** (with a right-pointing arrow icon)
- Medical Bills** (with a right-pointing arrow icon)
  - Balance Due: \$0.00
  - PAY BILL** (with a right-pointing arrow icon)
  - EXPLANATION OF BENEFITS** (with a right-pointing arrow icon)  
A summary of services you've received and related charges.
  - BENEFITS USAGE STATUS** (with a right-pointing arrow icon)  
A record of your benefits and payments so far this year.
- My Plan** (with a right-pointing arrow icon)
  - DIGITAL ID CARD** (with a right-pointing arrow icon)  
Electronic version of your member ID card.
  - COVERAGE DOCUMENTS** (with a right-pointing arrow icon)  
Information about what services are covered by your plan.
- Health Profile** (with a right-pointing arrow icon)
  - COMPLETE YOUR HEALTH PROFILE** (with a right-pointing arrow icon, highlighted by a red box)  
Take control of your health with an updated Health Profile. Use it as a guide to discuss any health concerns with your doctor
  - YOUR HEALTH ACTION PLAN** (with a right-pointing arrow icon)  
Learn about personal health risks, how to address those risks, and how to keep up your good health.

At the bottom left, there is a **Care Chat** section featuring a photo of a woman with glasses and a striped shirt. The text reads: "Connect with a Kaiser Permanente provider for real-time medical care, prescriptions, or help scheduling an in-person appointment if needed." Below the text is a **CHAT NOW** button with a speech bubble icon.

5. Read and accept the Health Profile Disclosure. Click **Accept** to continue.

CONTACT CARE TEAM

SEE ALL CARE REMINDERS

START CARE CHAT

### Medical Bills

**Balance Due**

- PAY BILL
- EXPLANATION OF SERVICES
- BENEFITS USAGE

**Health Profile Disclosure**

You must read and accept before continuing to the Health Profile questionnaire. You may [print the disclosure](#) (PDF) for your records.

The privacy of your health information is very important to us. Your Health Profile information is subject to the same privacy laws that protect your other health information.

After you submit your Health Profile questionnaire, Kaiser Foundation Health Plan of Washington (Kaiser Permanente) will produce your feedback report and store all of your Health Profile information. Kaiser Permanente follows federal and state privacy laws to protect your health information.

**Pre-filled Information**

In the Health Profile questionnaire, some information may be pre-filled for you. If you receive primary care at a Kaiser Permanente medical offices clinic or receive health screenings, tests, or labs (such as blood pressure or cholesterol testing) provided by Kaiser Permanente, certain information from your medical record may automatically fill in on your questionnaire. If you receive care through Kaiser Permanente's contracted network (you don't go to a Kaiser Permanente medical offices clinic for your primary care), or if you are not a Kaiser Permanente member, your lab and test results may not be available to fill in your questionnaire.

**Review Your Answers**

I HAVE READ AND UNDERSTAND THIS DISCLOSURE.

Accept Cancel

**Care Chat**

Connect with a Kaiser Permanente provider for real-time medical care, prescriptions, or help scheduling an in-person appointment if needed.

CHAT NOW

6. After accepting the Health Profile Disclosure, a new browser window will open.

7. Click on the link that says “**Fill out questionnaire**”.

Health Profile

wa-momentum-qa.kaiserpermanente.org/Default.aspx

HOME | SAVE & CLOSE

**KAISER PERMANENTE** | Health Profile

The Health Profile is a health assessment for you to use as a guide. Your personal report will offer suggestions on how to improve your health and lower your risk of certain diseases and conditions.

[➔ Fill out questionnaire](#)

You'll need 20 to 30 minutes. You may start and then finish later, with your answers saved for 2 weeks. If you don't finish and generate your report within that time, you'll have to start over.

**How well do you manage your health?**

As you get older, you may need to do more to stay healthy. This includes seeing the doctor more often for routine exams, as well as getting additional tests and immunizations to prevent certain illnesses. And if you have a chronic condition such as diabetes, heart disease, or high blood pressure, you need to do more to lower your risk for complications.

Your profile report will provide information about lifestyle choices, chronic disease management, and your future risk for certain diseases. You'll also receive suggestions about preventive screenings, preventive medicines, and immunizations.

[➔ Complete the questionnaire and get your report](#)



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8. A new page will appear after clicking the link that says “Fill out questionnaire”.

9. Click on the button labeled “**Start a New Questionnaire**” to begin.

Health Profile

wa-momentum-qa.kaiserpermanente.org/Pages/SelectProfile.aspx

HOME | SAVE & CLOSE

 KAISER PERMANENTE | Health Profile

## Your Health Profile

The Health Profile is an assessment to help you take better control of your health. After you submit the questionnaire, you'll immediately receive a personal report with ways to improve your health and lower your risk of certain diseases and conditions.

Your profile report is a guide for you to use. It isn't intended to be professional medical advice, diagnosis, or treatment. If you receive your primary care at a Kaiser Permanente medical office, the profile becomes part of your medical record. If you have immediate health concerns, please contact your primary care provider.

[START A NEW QUESTIONNAIRE](#)

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