

KPWA - How to take a Health Assessment

1. Visit www.kp.org/wa and select the “Sign in to KP Washington” button.

The screenshot shows the top navigation bar of the Kaiser Permanente Washington website. On the left is the Kaiser Permanente logo. On the right, there are links for 'Español', 'Washington' (with a dropdown arrow), 'Security', and 'Register'. A red arrow points to a blue button labeled 'Sign in to KP Washington'. Below this button is a link that says 'Not in Washington State? Click here to log in'. Below the navigation bar is a secondary menu with links for 'Learn', 'Shop Plans', 'Doctors & Locations', 'Health & Wellness', and 'Get Care', along with a search icon and the word 'Search'. The main content area features a large heading 'Good afternoon Clackamas, OR' with a location pin icon. To the right of the heading is a green box that says 'Air quality Good'. Below the heading is a photograph of a healthcare professional in a white coat and gloves administering a vaccine to a woman wearing a blue face mask. Overlaid on the right side of the photograph is a white box titled 'Today's suggestions:' containing several rounded rectangular buttons: 'COVID-19 vaccine', 'COVID-19 testing', 'COVID-19 & pregnancy', 'Mental health tools', 'Shop plans', 'Pharmacy', 'Make a payment', and 'Appointment check-in'.

2. On the next screen, enter your **Member ID #** and **Password**, then click “**Sign in**”.

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Member sign in

 **What's new?**

Kaiser Permanente is expanding the type of health information available to you and anyone who has access to your health records. To protect your health information, please take this opportunity to [update your password](#). Teen members (age 13-17) are not impacted by these changes at this time.

New to our member website?

[Register Now!](#)

Get access to your personal online services. Choose a doctor, refill prescriptions, and check your benefits. If you get care at a Kaiser Permanente medical office, you can also email your providers, make appointments, and view lab results.

[Online Services](#)

Member ID #:

[ID number information](#)

Password:

[Forget your password?](#)

[Sign in](#)

You must be at least 13 years old to register.
For assistance, see [technical help](#) or contact [Member Services](#).
Unauthorized access is prohibited. Read our [privacy policy](#).

3. After signing in, you will be directed to the KPWA Secure Member Dashboard.

4. Scroll down and click the button labeled **“Complete and review your Health Profile”**.”

5. To start your Health Assessment, choose the link labeled “Complete health profile”.

The screenshot shows the Kaiser Permanente member portal interface. At the top left is the Kaiser Permanente logo. To the right are links for 'Account' and 'View family'. A search bar is located in the top right corner. Below the navigation bar are buttons for 'View benefits', 'View care team', 'Messages (10)', and 'Records'. The main content area is titled 'Your health action plan'. It contains several paragraphs of text explaining the health action plan and providing instructions on how to use it. A red arrow points from the text 'Talk with your doctor if you have questions or concerns about your health. If you have non-medical questions about your health profile, call Member Services at 1-888-901-4636.' down to a red-bordered box around the 'Complete health profile' link. To the left of this link is another link labeled 'Choose your doctor'. An image of a woman in a teal shirt and dark pants walking in a park is shown on the right side of the page.

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Account ▾ View family 👤

Search the site

Search

View benefits View care team

Messages (10) Records

Your health action plan

Your health action plan is personalized for you by analyzing your Health Profile and your medical record. Learn about personal health risks, how to address those risks, and how to keep up your good health.

Goals to better health

Your goals to better health are based on responses in your Health Profile. Each goal provides personalized feedback and suggestions for improving your health.

Your Health Profile is part of your medical record if you receive primary care at a Kaiser Permanente medical office. If you get primary care elsewhere, print this report and request that it be added to your medical record.

This assessment isn't intended to be professional health advice, diagnosis, or treatment. Talk with your doctor if you have questions or concerns about your health. If you have non-medical questions about your health profile, call Member Services at 1-888-901-4636.

Choose your doctor **Complete health profile**

6. Read and accept the Health Profile Disclosure.

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

It's important to review your answers before you submit them. You will have a chance to

I HAVE READ AND UNDERSTAND THIS DISCLOSURE.

Accept Cancel

The background shows the Kaiser Permanente website with navigation links like 'View benefits', 'View care', 'Search', 'Messages (10)', and 'Records'. At the bottom, there are buttons for 'Choose your doctor' and 'Complete health profile'.

7. Start your Health Assessment by selecting the button “Start Health Profile”

The screenshot shows the Kaiser Permanente website's 'Health Profile' page. At the top left is the Kaiser Permanente logo. At the top right, there is a search bar with the text 'Search the site' and a search button labeled 'Search'. Below the header, the main heading is 'Health Profile'. A paragraph explains that the Health Profile is an assessment to help users take better control of their health. Another paragraph states that the profile report is a guide and not professional medical advice. Below this, there are two columns of options: 'Start a new questionnaire' and 'Complete an existing questionnaire'. The 'Start a new questionnaire' column contains a blue button labeled 'Start Health Profile', which is highlighted by a red arrow. The 'Complete an existing questionnaire' column contains a grey button labeled 'Continue Health Profile'. At the bottom, there is a 'Recommendations' section with a link to 'Health Profile Summary' and a message: 'We're sorry, we can't complete your request at this time. Please try again later. Thank you for your patience!'.

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Search the site

Account ▾

Search

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

Is this your first time here, or you haven't completed a questionnaire in the last 6 months start a new questionnaire here.

Start Health Profile

Complete an existing questionnaire

Have you started a questionnaire recently and not completed or submitted your responses (within 2 weeks).

Continue Health Profile

Recommendations

These recommendations are based on the last questionnaire you completed. For more details see your [Health Profile Summary](#)

- We're sorry, we can't complete your request at this time. Please try again later. Thank you for your patience!