



# Take the Total Health Assessment today

Thinking about making positive changes for your health? Get a head start right now with a Total Health Assessment on [kp.org](https://kp.org).

This easy-to-use online survey gives you a big-picture view of your health and personalized recommendations to help reach your goals. Even better, it only takes about 10 minutes – and there's no cost to Kaiser Permanente members.

## It's easy to get started

You can take the Total Health Assessment on a mobile device or computer. To find it, go to [kp.org/tha](https://kp.org/tha). If you haven't already, you'll need to create an account at [kp.org](https://kp.org) to participate. To do so, just go to [kp.org/registernow](https://kp.org/registernow).

The Total Health Assessment and healthy lifestyle programs are available to members in all regions except Washington. • Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

[kp.org/tha](https://kp.org/tha)

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