

Take a step toward better health with a Health Questionnaire



As a Harvard Pilgrim Health Care member, you can access a confidential online Health Questionnaire (HQ) that can provide you with valuable information about your health and lifestyle.

The Harvard Pilgrim HQ contains a series of questions about physical, emotional and social aspects of your health.

Based on the information you provide on the HQ, you receive an Individual Profile that offers a comprehensive picture of your health status. The profile identifies key risk factors, and it provides helpful guidance on actions you can take to maintain and improve your health or to reduce some health risks.

It is confidential and free

The HQ is completely free, confidential and takes about 30 minutes to complete. Once you finish the HQ, you can choose to print out the Individual Profile and share it with your doctor if you like.

It also helps to have some medical information handy when you take the HQ. This includes things like blood pressure, blood sugar and cholesterol measurements, if known, as well as height and weight. However, you can still take the HQ without all of this information. You can also save it and return later.

Responding to the confidential HQ can provide you with valuable information about your health and lifestyle. There are no right or wrong answers, but taking your HQ will tell you if you're on the right track to good health and, if not, how to get there.

HOW TO TAKE THE HQ



To take the HQ, just visit Harvard Pilgrim's Web site at www.harvardpilgrim.org, and log in to your *HPHConnect* for members account. If you don't yet have a secure *HPHConnect* account, it is easy to set one up:

1. Go to www.harvardpilgrim.org and select "Members"
2. Under "Your Account", select "Create an account"
3. Enter your Harvard Pilgrim I.D. number (from your I.D. card), birth date, ZIP Code and the last four digits of the subscriber's Social Security number
4. Choose a username and password to activate your account