

Accessing Your COVA Care Health Assessment

Accessing via the Sydney Health mobile app

Registering a new account

To register for a new account, click on *REGISTER now.*

Follow the step-bystep prompts to complete your registration. You will use the same Username and Password as your anthem.com login.





Tap the *More* button from the bottom right menu bar.



From the Access Care menu, select Access to Care dropdown arrow

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From the Access Care menu, select My Health Dashboard



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MENU

My Health Check-in will be at the top.

Click Get Started

At the Welcome Page

Click View Assessment

Once you have answered all the questions click Submit





Summary and Recommendations Page

After completing your health assessment, you will see a list of recommendations based on your answers



Completed Assessments

If you ever have questions about when you completed an assessment, you can access a list from the My Health Check-in page.

Click "View Completed"

This will allow you to print or email the date of your last completion of My Health Check-in assessment.





Returning Users

If you have already completed the health assessment in the same benefit year, you will see a link to retake the assessment.

If it is a new benefit year, even if you have completed the assessment in a previous benefit year, the link will say "Get Started"

