

Welcome to the New Mexico Health Connections (NMHC) general Health Appraisal (HA). The **HA** helps identify behaviors that might put you at risk for developing chronic diseases.

The HA has four key elements:

1. A questionnaire
2. A calculation (score) of your health status
3. An automatic online report
4. Links to articles and other resources to promote healthy behaviors

Your health information is private

The information you share with us in your HA is private. Only NMHC employees within the medical management division, including care managers, have access to each member's results. Our care managers can use your HA information and may contact you to help you find resources for specific conditions or healthcare needs that they identify. We cannot give anyone else your HA information unless you give us consent to do so. Completing your HA does not affect where or from whom you can seek care.

We're here to help you stay healthy

The HA is not a substitute for a checkup or physical exam that you get from a doctor or nurse. The HA gives you some ideas for lowering your risk of getting sick or injured in the future. You can also contact the NMHC Medical Management Department to learn about resources that can help you stay healthy.

- Contact us online: http://www.mynmhc.org/Contact_Us.aspx.
- Call us toll-free: 1-844-691-9984. We are here Monday through Friday, 8 a.m. to 5 p.m.

How to use the Health Appraisal

You will need to register at <https://nmhc.alderaplatform.com/Logon.jsp> and activate your personal NMHC account (if you haven't already done so) to use the HA tool. After logging in to the NMHC member portal, scroll down to the *My Health Tools/Resources* section of the home page and click on the General Health Assessment. **Please note that by accessing and completing the HA, you give NMHC your consent to use your health information for the intended purposes noted above. *Non-registered use or access to the NMHC HA tools is prohibited.***