

# Completing the Online Personal Health Assessment

Instructions for non-MVP Health Care<sup>®</sup> Members

The Personal Health Assessment (PHA) is an important health awareness tool that you are encouraged to complete annually.



It may take between 10 and 30 minutes to complete the PHA. If you are unable to complete it in the time that you have, you may save it and finish it at another time. The PHA will teach you about important health recommendations and assess how you compare to the recommendations in biometrics, lifestyle, health conditions, and preventive health.



Once you've completed the PHA, you will receive a personalized Scorecard which provides a summary of your PHA and suggestions for a personal health action plan. If you are unsure about the wellness goals you want to set for yourself, the Scorecard will help identify areas of your lifestyle that may need improvement.

## Questions? We're here to help!



MVP eSupport toll free, at 1-888-656-5695  
Representatives are available  
Monday-Friday, 8:30 am to 5 pm (EST)

## Completing the Online PHA

- 1 Visit [mvphealthcare.com](http://mvphealthcare.com)
- 2 Please ensure that your browser is configured accordingly:
  - Accept Cookies
  - Allow pop-ups
  - Add [mvphealthcare.com](http://mvphealthcare.com) to your trusted site list  
(Need assistance? Additional instructions are available on this site.)
- 3 Under *Sign In/Register* select *Register Now*.
- 4 From here, under *Option 2*, select *Create an account now*. You will need a valid email address and your designated Group ID# which is: \_\_\_\_\_
- 5 Create a Username and Password.
- 6 Two confirmation emails will be sent from the MVP eSupport Help Desk; one will contain your Username and one will have your Password.
- 7 **Please note:** While you may be able to sign in now, you won't be able to access your PHA for 72 hours. After that time, visit [mvphealthcare.com](http://mvphealthcare.com) and enter the Username and Password you created.
- 8 You will be redirected to the Healthyroads website.
- 9 The first time you reach the Healthyroads website, you will be required to enter a new Username and Password that may have different requirements than your [mvphealthcare.com](http://mvphealthcare.com) login.
- 10 Select the link in the Personal Health Assessment box located on the right side of the home screen.
- 11 Once you've read and agreed to the terms and conditions, you're ready to start the PHA.