

# Instructions for Completing the MVP Personal Health Assessment (PHA)

## MVP MEMBERS:

1. Go to [mvphealthcare.com](http://mvphealthcare.com) click **Sign In/ Register** (must use Edge or Chrome browsers). A drop down will appear, click **Members** and if you already have an account, sign in.
2. If you **do not** have an MVP online account, select **Register Now** and **Create Account**. You will have to provide your email address and your MVP member ID.
3. Once you are signed into your account, select Begin Your Path to Well-Being. 
4. You will be redirected to the HealthyRoads website. If it is your first time taking the PHA, you will need to create a Username and Password for HealthyRoads. Once you are logged in, select *Personal Health Assessment*.

## NON - MVP MEMBERS:

1. Go to [mvphealthcare.com](http://mvphealthcare.com) click **Sign In/ Register** (must use Edge or Chrome browsers). A drop down will appear, click **Members** and if you already have an account, sign in.
2. If you **do not** already have an MVP online account, select **Register Now** and **Create Account** under **Non-MVP Members**.
3. You will need Ellis Medicine's group number which is **211010** and provide your email address .
4. Create a Username and Password and a confirmation email will be sent from MVP eSupport Help Desk. **You will be able to sign in but will not have the ability to take the PHA for 72 hours.**
5. After 72 hours, signed into your account and select Begin Your Path to Well-Being. 
6. You will be redirected to the HealthyRoads website. If it is your first time taking the PHA, you will need to create a Username and Password for HealthyRoads. Once you are logged in, select *Personal Health Assessment*.

**If you are a *member* or nonmember and have issues with your Username or Password, please reach out to MVP eSupport at 1-888-656-5695, M-F, 8:30am-5pm (EST). If you are a *non-member* having difficulty with the PHA, please reach out to [wellness@ellismedicine.org](mailto:wellness@ellismedicine.org).**



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