

# Instructions for Completing the Personal Health Assessment

The online Personal Health Assessment (PHA) gives suggestions on areas of your lifestyle that may need improvement! It will take between 10 to 30 minutes to complete.

Please be sure that your browser accepts cookies, allows pop-ups, and **mvphealthcare.com** is added to your trusted site list.

## For MVP Health Care<sup>®</sup> Members

1. *Sign In or Register* at **mvphealthcare.com**, then select *Members*.

If you do not already have an MVP online account, select *Register Now*, then under *MVP Members*, select *Create Account*. You will need your MVP Member ID and a valid email address.

2. Once you are signed in, using your Username and Password, select *Begin Your Path to Well-Being*. This will bring you to your well-being homepage.

If this is the first time you are accessing your wellbeing homepage, you will be required to enter a new Username and Password on the Healthyroads website.

These login credentials may be different than the **mvphealthcare.com** login requirements.

3. On your well-being homepage, select *PHA*.
4. Once you've read and agreed to the terms and conditions, you're ready to start the PHA!

### Questions? We're here to help!

Call MVP eSupport toll free at **1-888-656-5695**  
Monday–Friday, 8:30 am to 5 pm (EST).

## For Non-MVP Members

1. *Sign In or Register* at **mvphealthcare.com**, then select *Members*.

If you do not already have an MVP online account, select *Register Now*, then under *Non-MVP Members*, select *Create Account*. You will need a valid email address and your designated Group ID:

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Create a Username and Password.

*Please note that while you may be able to sign in, you won't be able to access your well-being homepage to take the PHA for 72 hours.*

2. After 72 hours, *Sign In* at **mvphealthcare.com**, using your Username and Password, and you will be redirected to your well-being homepage.

If this is the first time you are accessing your well-being homepage, you will be required to enter a new Username and Password on the Healthyroads website. These login credentials may be different than the **mvphealthcare.com** login requirements.

3. On your well-being homepage, select *Take the Personal Health Assessment*, then choose *Take the PHA*.
4. Once you've read and agreed to the terms and conditions, you're ready to start the PHA.