

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 10–30 minutes to complete.

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

For MVP Health Care[®] Members

1. Sign in at **my.mvphealthcare.com**.

If you do not already have an MVP online account, select *Register Now*, choose the type of account you would like to create, and follow the on-screen instructions. You will need your MVP Member ID and a valid email address.

2. Once you are signed in, select *Well-Being*, and then 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 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 **my.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–5 pm (EST).

For Non-MVP Members

1. Sign in at **my.mvphealthcare.com**.

If you do not already have an MVP online account, select *Register Now*, then choose *Non-MVP Account* from the menu, and follow the on-screen instructions. You will need a valid email address and your designated Group ID:

211010

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.

1. After 72 hours, *Sign In* at **my.mvphealthcare.com**, using your email address and password, then select *Complete your PHA*.
2. 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 **my.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.