

Hello, PEBB members with Providence Health Plan Insurance

Congratulations on choosing to participate in the Health Engagement Model (HEM).

You have the opportunity to take a health assessment which allows you to understand your health status – what is going well, and what can be improved.



Tips to ease registration:

- Member ID and Group ID can be found on your Providence Health Plan ID card.
- Member ID must include two-digit suffix to indicate subscriber and other members on the plan (Example: 12345678900).
- ZIP code must be consistent with the current ZIP code on file with Providence.
- To help ensure the activation link is received, use a personal email rather than a work email.
- Email address entered must be unique to the user. If a family email address is being used for more than one myProvidence account – see example below:
 - Include a plus sign with numbers to allow for multiple instances of the email address:
firstnamelastname@gmail.com
firstnamelastname+1@gmail.com

01 Log in or register for a myProvidence account:

- Visit [myProvidence.com](https://myprovidence.com) from your tablet, smartphone, or computer.
- If registration is needed, click or tap **“Create account.”**
- **Enter required fields:**
 - Member ID and Group ID, date of birth, and ZIP code.
 - Choose the email address and password you will use to log in.
 - Review and agree to **“User Agreement,”** then select **“Next.”**
- **Account activation:** Check your email inbox for an activation link, and log in to myProvidence. This may go to your junk folder.

The screenshot shows the myProvidence login and registration page. At the top, it says "Welcome to myProvidence." Below that, it says "Login to your account below." There are two input fields: "Email" and "Password". The "Password" field has an eye icon to toggle visibility. Below the input fields is a blue "Log In" button. Underneath the button are links for "Create account", "Lost your password?", and "Need help logging in or registering?"

02 Log in: Two-step verification required, each time you sign in

- You will be asked to enter a phone number to receive a 6-digit code.
- The 6-digit code can be sent via text or voice call.
- If you enter a landline, the 6-digit code will only be successfully relayed via voice call.

Secure Your Account

Enter your country code and phone number to which we can send a 6-digit code:

United States, US, +1

Enter your phone number

How do you want to receive the code?

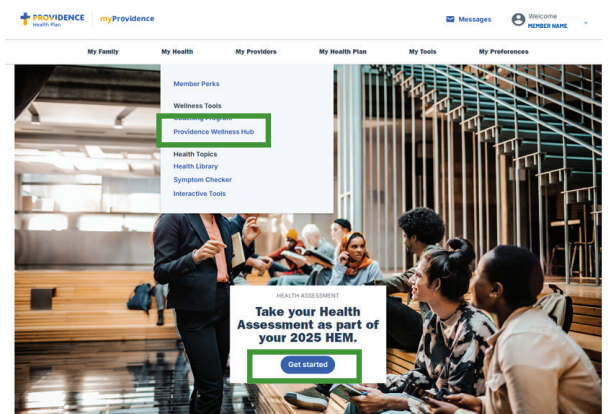
Text message Voice call

Continue

Try another method

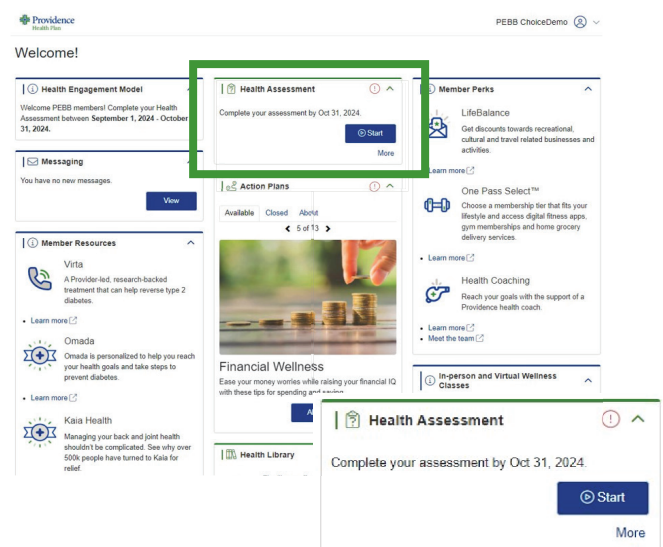
03 Take the Health Assessment

- From the myProvidence landing page, you can get to the Health Assessment two different ways:
 - Click or tap **“Get started”** in the **“Take your Health Assessment”** box on the home page.
 - Or click or tap on **“My Health”** from the top navigation, and then **“Providence Wellness Hub.”**



04 Accessing the Health Assessment

- From the Providence Wellness Hub, you will see the widget designated to the Health Assessment.
 - Click **“Start”** button to initiate your Health Assessment.
 - Review the privacy statement before beginning the confidential assessment.
 - Take 15 minutes to answer questions about your health (when you last went in for a physical, when and what you eat, how often you exercise, etc.)



05 Click "Next" at the end to submit your Health Assessment

- Once you hit "Next" after the last question, the assessment will be completed once you select "Submit."
- At this point, the assessment locks and you will be able to view – but not alter – your responses.

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Health Risk Assessment

Introduction

Health Assessment

Health Assessment
This confidential health assessment includes questions about your current health, lifestyle behaviors, health status, and recommended preventive health screenings. Once you complete the health assessment you will be provided with a report that details your health risks and recommends actions for health improvement.

- The health assessment includes a number of sections, which can be accessed in sequence using the "Next" and "Previous" buttons.
- Your responses will be saved as you move between sections.
- You may stop at any time and return to finish your health assessment at a later time.

The health assessment is secure, so the information submitted is protected and your employer will never see your individual results. It's used for the sole purpose to help you to address risks that may impact your current or future well-being.

→ Next

06 Review your Health Assessment Report

Following completion, you will have ongoing access to your health assessment report and the option to review, print, and share your comprehensive report as needed.

To save your Health Assessment report as a PDF:

- If you are using Mac, press Command+P on your keyboard
- If you are using Windows, press Ctrl+P on your keyboard
- If you're on a mobile device, follow the device's instructions on how to take a screenshot

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Health Risk Assessment Report

Overview

Health Summary	Aug 28, 2024	Nov 2, 2022	Not available
Wellness score	80	80	
Future disease risk	Moderate	Moderate	
Age at time of HRA	44	43	

This summary provides a snapshot of your current health based on your responses in the questionnaire. Any previous results are displayed here to show your progress.

- **Wellness score:** Calculated from your responses to questions about lifestyle, health status, and screenings. The highest possible score is 100.
- **Future disease risk:** Your chances of developing a disease in the future, based on your personal medical history, lifestyle behaviors, and laboratory and biometric results.

The report that follows explains your health risks. It also serves as a guide to help you reach better health and to stay healthy.

Please note: This report does not replace information from your healthcare provider. If you have any concerns about your health, please contact your healthcare provider's office.

→ Next



Important things to keep in mind:

- The assessment will be completed once you select "Submit."
- Select your benefits and enroll in the HEM during open enrollment, October 1 - 31, at PEBBEnroll.com.
- Complete two health actions of your choice before next year's open enrollment. Health actions are nearly limitless. Visit ProvidenceHealthPlan.com/PEBB/PHA for more information.