

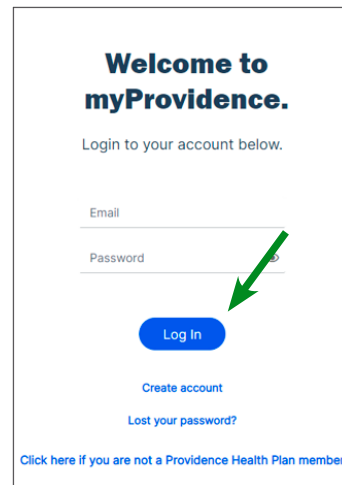
# Hello, PEBB members with Providence Health Plan insurance!

Congratulations on choosing to participate in the Health Engagement Model (HEM). As an important step in this process, you must take your personal health assessment (PHA) between **September 1 – October 31**.

## Instructions for: Users who were registered AFTER 7/25/22

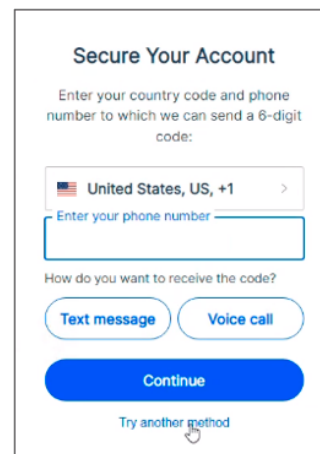
### 01 Login and take your PHA:

- + Go to myProvidence to Login
- + Visit [myProvidence.com](https://myProvidence.com) from your computer, smartphone, or tablet
- + **Enter your email and password**, then select Login



### 02 Log in: NEW 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

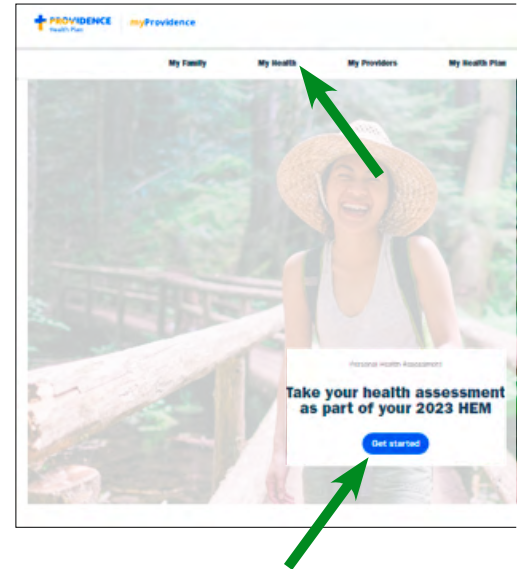


**Need help with registration, login, or accessing the personal health assessment?**

Call the myProvidence help desk at **877-569-7768**, open Monday through Friday 8 a.m. to 5 p.m. Pacific Time.

## 03 Take the personal health assessment

- + From the myProvidence landing page, you can get to the PHA two different ways:
  - Click or tap on the **Take your health assessment** box on the home page
  - Or click or tap on **My Health** from the top navigation, and then **Personal Health Assessment**
- + You'll first need to answer two questions about your gender identity
- + Then agree to the privacy statement before beginning the confidential assessment
- + Once you do that, you can start your PHA
- + Take 15 minutes and answer questions about your personal health (when you last went in for a physical, when and what you eat, how often you exercise, etc.)



## 04 Click "Next" at the end of section 11 to submit your assessment

- + Once you hit "Next" after the last question, you will see a 100%, green completion bar at the top of the screen
- + You will then get a prompt to print your PHA certificate of completion – you can then save it as a PDF for proof of completion

A screenshot of the 'Personal Health Assessment' form, specifically section 11: Biometrics. At the top, there is a green progress bar labeled '100% Complete' and a 'Jump To Section' dropdown menu. The form contains several input fields: Height (5 feet, 8.00 inches), Weight (100 pounds), Blood Pressure (Systolic: 120, Diastolic: 80), Blood Glucose (Test Type: Random, Blood Glucose: mg/dL), and Cholesterol (Total Cholesterol, HDL, LDL, Triglycerides, all in mg/dL). At the bottom of the form, there are three buttons: 'Previous', 'Save and Exit', and 'Next'. A green arrow points to the 'Next' button.

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### Important things to keep in mind:

- + You must click the **Next** button in Section 11 to complete the assessment. You'll end up on the PHA certificate of completion page. It is recommended that you print or save your completion certificate and keep a copy for your records.
- + Select your benefits and enroll in the HEM during open enrollment. Do so during open enrollment at [https://pebbbenefits.oha.oregon.gov/bms\\_web/!pb.main](https://pebbbenefits.oha.oregon.gov/bms_web/!pb.main)
- + **Complete two health actions** of your choice before next year's open enrollment. Health actions are nearly limitless. Visit [ProvidenceHealthPlan.com/PEBB/HEM](https://ProvidenceHealthPlan.com/PEBB/HEM) for more information.

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