

# 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**.

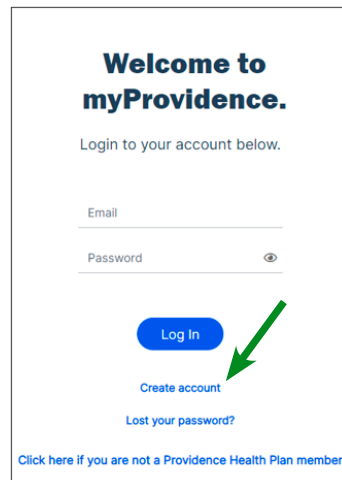
## Tips to ease registration:

- + 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
- + 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

## Instructions for: NEW USERS (never registered for myProvidence before)

### 01 Register for a myProvidence account:

- + Visit [myProvidence.com](https://myProvidence.com) from your tablet, smartphone or computer
- + Click or tap **Create account**
- + **Enter required fields:**
  - Member ID and Group ID
  - Date of birth
  - Zip code
  - Then 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.

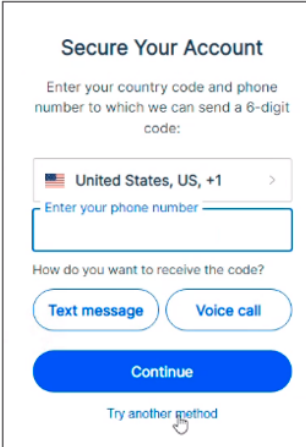


## Need help with registration, login, or accessing the personal health assessment?

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

## 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



**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?

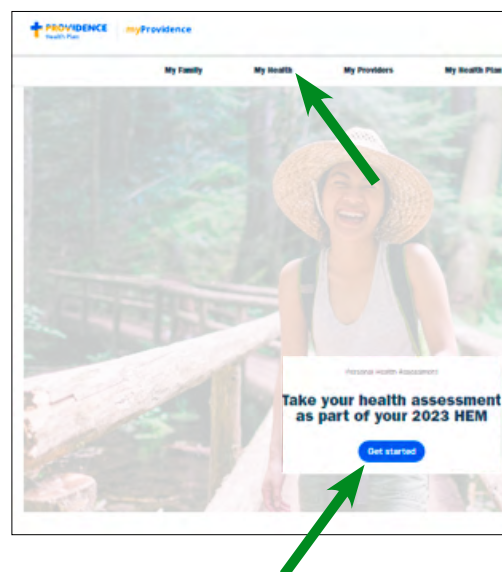
Text message Voice call

Continue

Try another method

## 03 Take the 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.)



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## 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

Personal Health Assessment

100% Complete -- Jump To Section -- Go

### 11. Biometrics

Providing your biometric data will help us to further assess your health. Please fill out your biometric data below. If you do not have the data available, leave it blank.

Height:   inches

Weight:  (pounds)

Source:

Blood Pressure:  (systolic)  (diastolic)

Source:

Blood Glucose:  (mg/dL)

Test Type:

Cholesterol:  (mg/dL)

Total Cholesterol:  (mg/dL)

HDL:  (mg/dL)

LDL:  (mg/dL)

Triglycerides:  (mg/dL)

Previous Skip and Exit Next

### 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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