

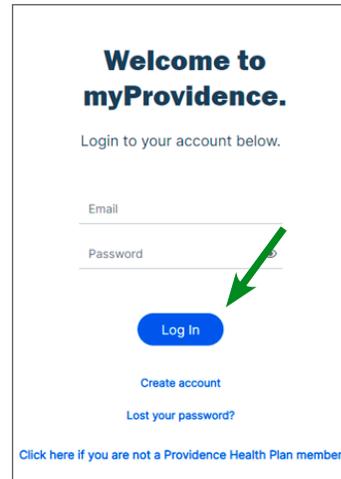
Hello, PEBB members with Providence Health Plan insurance!

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 BEFORE 7/25/22

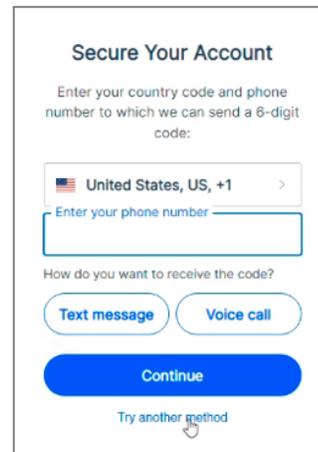
01 Login, update profile information and take your PHA:

- + Go to myProvidence to Login
- + Visit myProvidence.com from your tablet, smartphone or computer
- + **Enter your current username 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

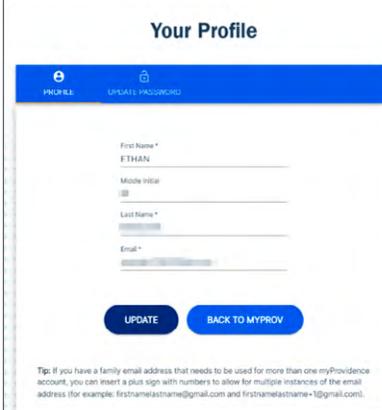


Need help with registration, login, or accessing the personal health assessment?

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

03 Update your profile

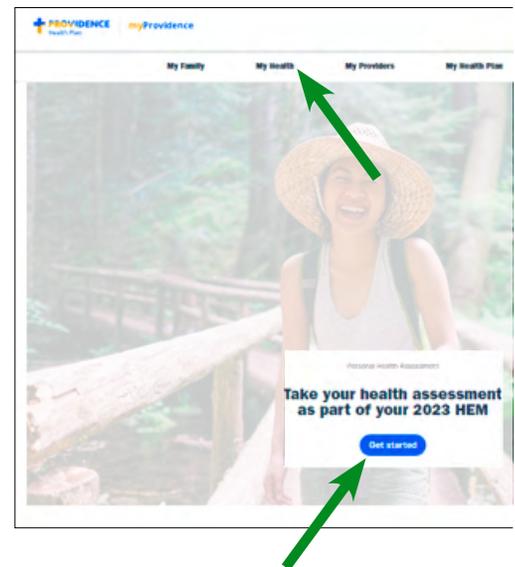
- + You will then be prompted to update your information
- + Your new username will be the email address you submit, moving forward
- + **Select 'Update'** before choosing 'Back to myProv'
- + **If you enter a NEW email address** (different than what's in your profile now), you'll need to activate that email address
 - **Account activation:** Check your email inbox for an activation link, and then you can log into myProvidence



The screenshot shows the 'Your Profile' page with a blue header containing 'PROFILE' and 'UPDATE | PROVIDENCE'. Below the header are input fields for 'First Name *' (filled with 'ETHAN'), 'Middle Initial', 'Last Name *', and 'Email *'. At the bottom are two buttons: 'UPDATE' and 'BACK TO MYPROV'. A small tip at the bottom reads: 'Tip: If you have a family email address that needs to be used for more than one myProvidence account, you can insert a plus sign with numbers to allow for multiple instances of the email address (for example: firstname.lastname@gmail.com and firstname.lastname-1@gmail.com).'

04 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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05 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
- + **Complete two health actions** of your choice before next year's open enrollment. Health actions are nearly limitless. Visit ProvidenceHealthPlan.com/PEBB/HEM for more information.

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