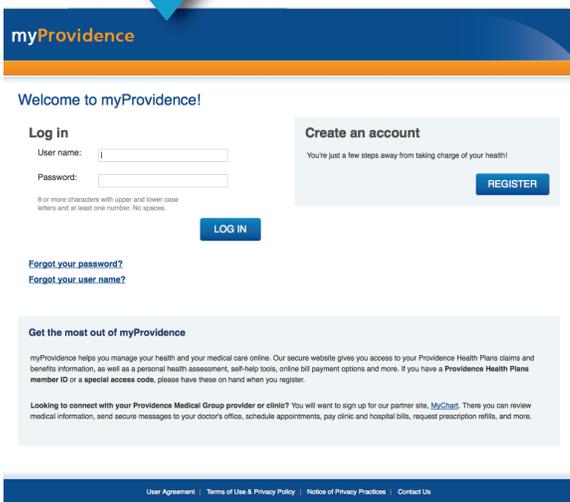


Current PEBB members! Better health is as easy as 1-2-3

It starts by taking your personal health assessment Sept. 1-Oct. 31!

1

Begin by logging into myProvidence at myProvidence.com



HEM 2016 is almost here; get ready to participate! Complete your health assessment in your current plan and enroll during Open Enrollment.

1. Go to myProvidence.com. On the left side of your screen, enter your User name and Password; then, select the blue “LOG IN” button.
2. Can’t remember your user name and or password? Select the Forgot your password? or Forgot your user name? link for help.
3. Remember: If you cover a spouse/partner, they must also complete an individual health assessment for you to participate in HEM.

If you’re a new myProvidence user, register for an account by selecting the blue “REGISTER” button.

2

Select the blue “Go Now” button in the green banner to begin your personal health assessment



You’ll need to agree to the privacy information statement to continue. Then, be in touch with your health when you answer confidential questions in the assessment. It takes about 15 minutes to complete.



see other side for next steps



3

Click the “Submit Now” button to finalize the assessment. Print your completion certificate to keep for your records.

myProvidence Providence Health & Services | Providence Health Plans | Contact Us | Log Out

Back to myProvidence Home You are logged in as:

Personal Health Assessment Certificate Questionnaire

(Do not use your browser's [Back] button.)
You answered:

- 49 years old
- 6 feet 3 inches (191 centimeters)
- 250 pounds (113 kilograms)
- Waist circumference: 36 inches (91 centimeters)

Edit

Do you need to edit these or any other answers, or would you like to review all your answers?

I'd like to save the information I've already entered and finish the rest of my questionnaire later:

Save for Later

I'm done with my personal health assessment Certificate. (Please note: You will not be able to come back later and change your answers.)

Submit Now

Aug 11, 2014; 11:58:25 am PDT Help

User Agreement | Terms of Use & Privacy Policy | Notice of Privacy Practices | Contact Us

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myProvidence Providence Health & Services | Providence Health Plans | Contact Us | Log Out

Back to myProvidence Home You are logged in as:

Personal Health Assessment Certificate

Completed	August 11, 2014; 12:59:08 PDT
Name	
Providence ID	
Group	PUBLIC EMPLOYEES BENEFIT BOARD - STATEWIDE, 108601

Print out this page for evidence of personal health assessment Certificate participation.

How to use your report

Many things shape our viewpoints, including past experiences and values. Outlooks often change, and with them, our actions. If we base our outlook on knowledge and facts, we can make informed decisions on how to lead healthy, productive lives.



Let's go!

Visit myProvidence.com

Need help accessing the health assessment?

The myProvidence technical support team is available 24/7

877-569-7768

Three important things to keep in mind:

1. Click the **Submit Now** button to complete the assessment. Print your completion certificate and keep a copy for your records.
2. Select your 2016 benefits and **enroll in the HEM program** during Open Enrollment at www.pebb.benefits.oregon.gov. You have until Oct. 31, 2015 to enroll.
3. **Complete two health actions** of your choice before next year's open enrollment; health actions are nearly limitless.

