



Current PEBB members:

Better health is as easy as 1, 2, 3...

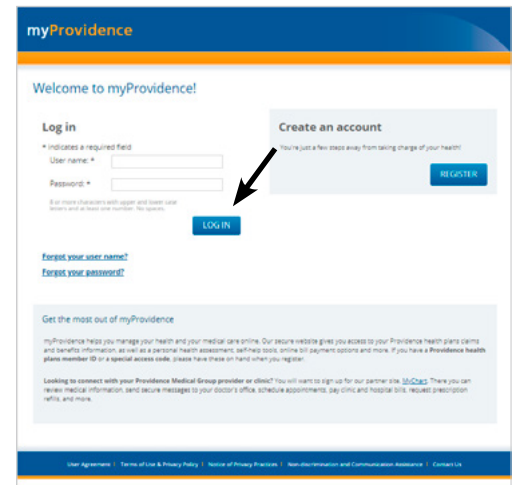
It starts by taking your personal health assessment Sept. 1- Oct. 31!

1 Begin by logging in to myProvidence at myProvidence.com.

Get ready to participate in the 2019 HEM!

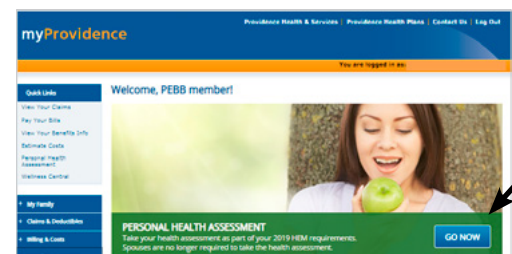
Complete your personal health assessment (PHA) in your current plan and enroll during Open Enrollment.

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 or password? Select **“Forgot your password?”** or **“Forgot your user name?”** link for help.
3. If you are a new myProvidence user, register for an account by selecting the blue **“REGISTER”** button on the right side of the screen.



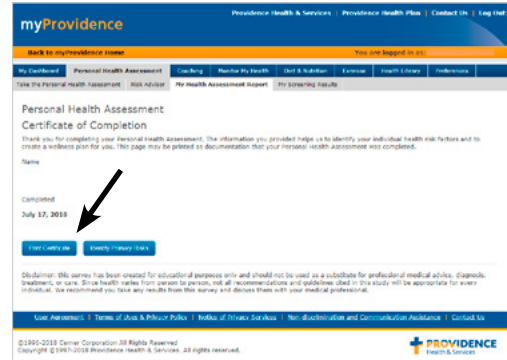
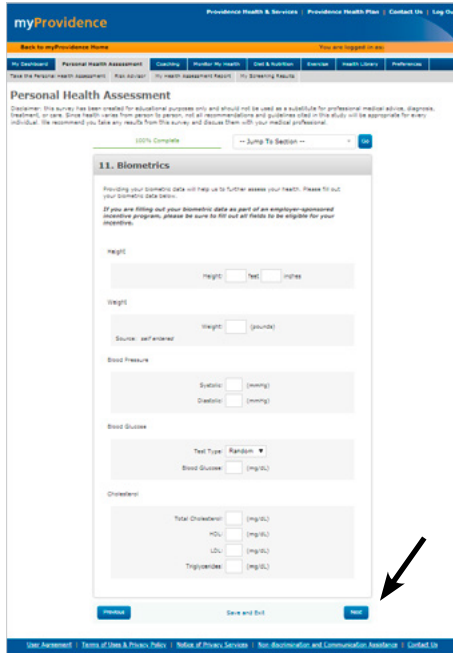
2 Select the blue **“Go Now”** button in the green banner to begin your health assessment.

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. Most questions require an answer, and the assessment takes about 15 minutes to complete.



See other side for next steps.

- 3 After clicking “**Next**” in Section 11, you’ll be taken to the PHA certificate of completion. Print your certificate and keep a copy of it as proof of your completion.



Let's go! Visit [myProvidence.com](https://myprovidence.com).

Three important things to keep in mind:

1. Click the “**NEXT**” button in Section 11 to complete the assessment. Print your completion certificate and keep a copy for your records.
2. Select your 2019 benefits and enroll in the HEM program during Open Enrollment at https://pebbbenefits.oha.oregon.gov/bms_web!/pb.main.
3. **Complete two health actions** of your choice before next year’s open enrollment; health actions are nearly limitless.

myProvidence technical support is available from 7 a.m. to 8 p.m. Monday through Saturday, and from 8 a.m. to 8 p.m. on Sunday (Pacific Time) at 877-569-7768.

