



Current PEBB members:

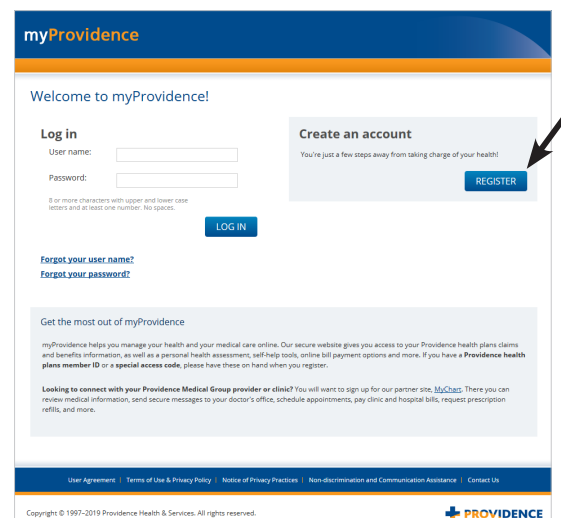
Better health is as easy as 1, 2, 3...

It starts by taking your personal health assessment Sept. 1 – Oct. 31.
Here's how:

1 Log in to myProvidence.com.

- + Enter your user name and password*
- + Click **Log In** (i.e., the blue button on the left side of the screen)

*If you are new to myProvidence, choose **Register** (i.e., the blue button on the right side of the screen)



2 Take the personal health assessment.

From the personal health assessment section on the myProvidence landing page, click **Go Now**.

You'll need to agree to the privacy statement before you can answer the questions in the confidential assessment.

The assessment takes approximately 15 minutes to complete.



See other side for next steps.

3

Click “Next” at the end of section 11 to submit your assessment.

After successfully submitting the assessment, you’ll end up on the Personal Health Assessment Certificate of Completion page. Here, you can choose to **print your certificate for your records**.

To print your certificate at a later time:

- + Log in to **myProvidence**
- + In the purple banner, click **View Now**
- + Respond to two items, then click **Take PHA**
- + Click **My Health Assessment Report** (tab in the top navigation)
- + Click **View and Print Options** (right side of your screen)
- + Choose **Report Type**
- + Click **Certificate of Completion**
- + Click **View/Print**

The top screenshot shows the '11. Biometrics' section of a Personal Health Assessment. It includes input fields for Height, Weight, Blood Pressure (Systolic and Diastolic), Blood Glucose (Test Type and Blood Glucose), and Cholesterol (Total, HDL, LDL, and Triglycerides). A 'Next' button is highlighted with a black arrow.

The bottom screenshot shows the 'Certificate of Completion' page, which displays personal information like Name, Completed status, Member Number, Group Name, and Location. A 'Print Certificate' button is highlighted with a black arrow.



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 your completion certificate and keep a copy for your records.
- ✓ Select your benefits and enroll in the HEM during Open Enrollment. Do so 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.

