

Hello, PEBB members with Providence Health Plan Insurance

Congratulations on choosing to participate in the Health Engagement Model (HEM).

You have the opportunity to take a health assessment which allows you to understand your health status – what is going well, and what can be improved.



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 (Example: 12345678900).
- 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

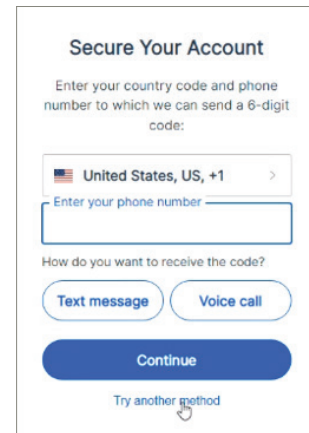
01 Log in or register for a myProvidence account:

- Visit [myProvidence.com](https://myprovidence.com) from your tablet, smartphone, or computer.
- If registration is needed, click or tap **“Create account.”**
- **Enter required fields:**
 - Member ID and Group ID, date of birth, and ZIP code.
 - 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.

The screenshot shows the myProvidence login and registration page. At the top, it says "Welcome to myProvidence." followed by "Login to your account below." There are two input fields: "Email" and "Password". Below the "Password" field is a small eye icon. A blue "Log In" button is centered below the fields. Underneath the button are links for "Create account", "Lost your password?", and "Need help logging in or registering?"

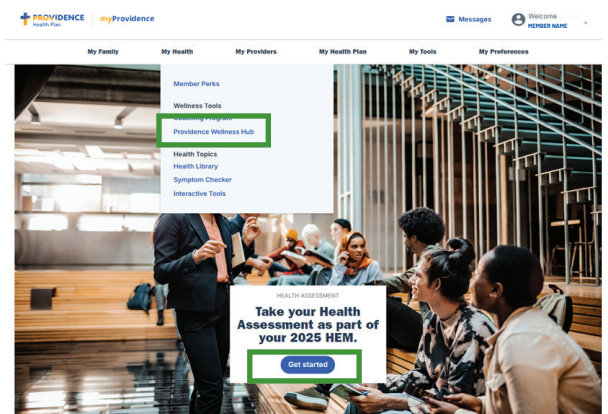
02 Log in: Two-step verification required, each time you sign in

- 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.



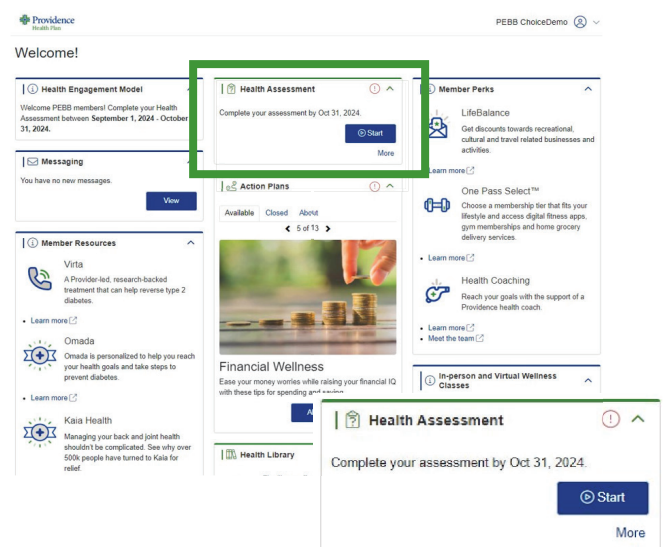
03 Take the Health Assessment

- From the myProvidence landing page, you can get to the Health Assessment two different ways:
 - Click or tap **“Get started”** in the **“Take your Health Assessment”** box on the home page.
 - Or click or tap on **“My Health”** from the top navigation, and then **“Providence Wellness Hub.”**



04 Accessing the Health Assessment

- From the Providence Wellness Hub, you will see the widget designated to the Health Assessment.
 - Click **“Start”** button to initiate your Health Assessment.
 - Review the privacy statement before beginning the confidential assessment.
 - Take 15 minutes to answer questions about your health (when you last went in for a physical, when and what you eat, how often you exercise, etc.)



05 Click "Next" at the end to submit your Health Assessment

- Once you hit "Next" after the last question, the assessment will be completed once you select "Submit."
- At this point, the assessment locks and you will be able to view – but not alter – your responses.

Providence Health Plan PEBB ChoiceDemo

Health Risk Assessment

Introduction Health Assessment

Health Assessment
This confidential health assessment includes questions about your current health, lifestyle behaviors, health status, and recommended preventive health screenings. Once you complete the health assessment you will be provided with a report that details your health risks and recommends actions for health improvement.

- The health assessment includes a number of sections, which can be accessed in sequence using the "Next" and "Previous" buttons.
- Your responses will be saved as you move between sections.
- You may stop at any time and return to finish your health assessment at a later time.

The health assessment is secure, so the information submitted is protected and your employer will never see your individual results. It's used for the sole purpose to help you to address risks that may impact your current or future well-being.

→ Next

06 Review your Health Assessment Report

Following completion, you will have ongoing access to your health assessment report and the option to review, print, and share your comprehensive report as needed.

To save your Health Assessment report as a PDF:

- If you are using Mac, press Command+P on your keyboard
- If you are using Windows, press Ctrl+P on your keyboard
- If you're on a mobile device, follow the device's instructions on how to take a screenshot

Providence Health Plan PEBB ChoiceDemo

Health Risk Assessment Report

Overview

Health Summary	Aug 26, 2024	Nov 2, 2023	Not available
Wellness score	80	80	
Future disease risk	Moderate	Moderate	
Age at time of HRA	44	43	

This summary provides a snapshot of your current health based on your responses in the questionnaire. Any previous results are displayed here to show your progress.

- **Wellness score:** Calculated from your responses to questions about lifestyle, health status, and screenings. The highest possible score is 100.
- **Future disease risk:** Your chances of developing a disease in the future, based on your personal medical history, lifestyle behaviors, and laboratory and biometric results.

The report that follows explains your health risks. It also serves as a guide to help you reach better health and to stay healthy.

Please note: This report does not replace information from your healthcare provider. If you have any concerns about your health, please contact your healthcare provider's office.

→ Next



Important things to keep in mind:

- The assessment will be completed once you select "Submit."
- Select your benefits and enroll in the HEM during open enrollment, October 1 - 31, at PEBBenroll.com.
- Complete two health actions of your choice before next year's open enrollment. Health actions are nearly limitless. Visit ProvidenceHealthPlan.com/PEBB/PHA for more information.

Hola, miembros de PEBB con el seguro de Providence Health Plan

Felicitaciones por elegir participar en el Modelo de participación en salud (*Health Engagement Model, HEM*). Usted tiene la oportunidad de hacerse una evaluación de salud que le permite comprender su estado de salud, lo que está bien y lo que puede mejorar.



Consejos para un registro fácil:

- La identificación del miembro y la identificación del grupo la puede encontrar en su tarjeta de identificación del Plan de Salud de Providence (*Providence Health Plan*).
- La identificación del miembro debe incluir un sufijo de dos dígitos para indicar el suscriptor y otros miembros del plan (Ejemplo: 12345678900).
- El código postal debe ser igual al código postal registrado en Providence actualmente.
- Para asegurarse de recibir el enlace de activación, use una dirección de correo electrónico personal en vez de una del trabajo.
- La dirección de correo electrónico ingresada debe ser única para el usuario. En caso de usar una dirección de correo electrónico familiar para más de una cuenta myProvidence, vea el siguiente ejemplo:
 - Incluya un signo de más y un número para permitir varias instancias de la dirección de correo electrónico:
nombreakellido@gmail.com
nombreakellido+1@gmail.com

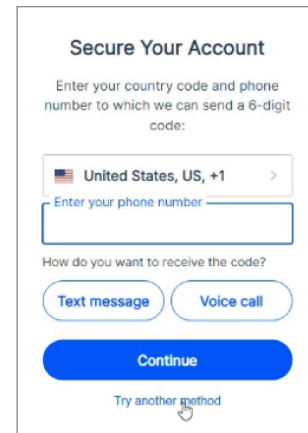
01

Inicie sesión o regístrese en su cuenta de myProvidence:

- Visite **myProvidence.com** desde su tableta, teléfono inteligente o computadora.
- Si tiene que registrarse, haga clic en **"Create account" (Crear cuenta)**
- **Complete los campos requeridos:**
 - Identificación del miembro e identificación del grupo, fecha de nacimiento y código postal.
 - Elija la dirección de correo electrónico y la contraseña que usará para iniciar sesión.
 - Revise y acepte el **"User Agreement" (Contrato de usuario)**, luego seleccione **"Next" (Siguiente)**.
- **Activación de la cuenta:** Revise la bandeja de entrada de su correo electrónico para encontrar su enlace de activación e inicie sesión en myProvidence. Es posible que vaya a la carpeta de correo no deseado.

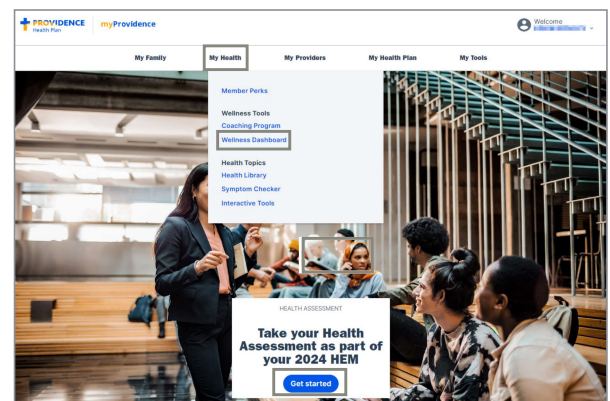
02 Inicio de sesión: Verificación en dos pasos requerida para cada vez que inicia sesión

- Se le pedirá que ingrese un número de teléfono para recibir un código de 6 dígitos.
- El código de 6 dígitos se puede enviar por mensaje de texto o llamada telefónica.
- Si ingresa una línea fija, el código de 6 dígitos solo se podrá enviar a través de una llamada telefónica.



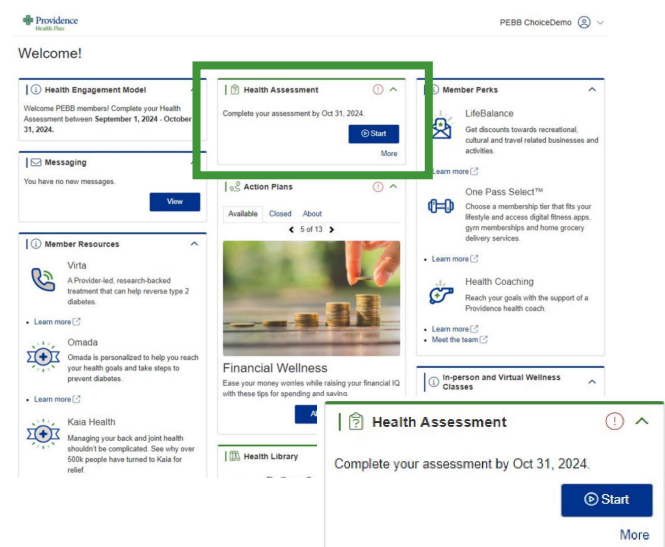
03 Haga la Evaluación de salud

- En la página inicial de myProvidence, puede llegar a la Evaluación de salud de dos maneras diferentes:
 - Haga clic en **“Get started” (Comenzar)** en la casilla **“Take your Health Assessment” (Haga la Evaluación de salud)** en la página de inicio.
 - O haga clic en **“My Health” (Mi salud)** en la parte superior y luego en **“Providence Wellness Hub” (Centro de bienestar de Providence)**.



04 Acceso a la Evaluación de salud

- En el Centro de bienestar de Providence, verá el widget designado para la Evaluación de salud.
 - Haga clic en el botón **“Start” (Iniciar)** para iniciar su Evaluación de salud.
 - Revise la declaración de privacidad antes de comenzar la evaluación confidencial.
 - Tómese 15 minutos para responder preguntas acerca de su salud (cuándo fue la última vez que se hizo un examen físico, cuándo y qué come, con qué frecuencia hace ejercicio, etc.).



05 Haga clic en "Next" (Siguiete) al final para enviar su Evaluación de salud

- Cuando haga clic en "Next" (Siguiete) después de la última pregunta, la evaluación se completará después de que seleccione "Submit" (Enviar).
- En este momento, la evaluación se bloquea y podrá ver, pero no alterar, sus respuestas.

Providence Health Plan PEBB ChoiceDemo

Health Risk Assessment

Introduction Health Assessment

General This confidential health assessment includes questions about your current health, lifestyle behaviors, health status, and recommended preventive health screenings. Once you complete the health assessment you will be provided with a report that details your health risks and recommends actions for health improvement.

- The health assessment includes a number of sections, which can be accessed in sequence using the "Next" and "Previous" buttons.
- Your responses will be saved as you move between sections.
- You may stop at any time and return to finish your health assessment at a later time.

The health assessment is secure, so the information submitted is protected and your employer will never see your individual results. It's used for the sole purpose to help you to address risks that may impact your current or future well-being.

→ Next

06 Revise su informe de Evaluación de salud

Después de completarlo, tendrá acceso continuo a su informe de evaluación de salud y podrá revisar, imprimir y compartir el informe completo si lo necesita.

Para guardar su informe de Evaluación de salud como un PDF:

- Si está usando Mac, presione Comando+P en el teclado
- Si está usando Windows, presione Ctrl+P en el teclado
- Si está usando su dispositivo móvil, siga las instrucciones del dispositivo para sacar una captura de pantalla

Providence Health Plan PEBB ChoiceDemo

Health Risk Assessment Report

Overview

Health Summary	Aug 26, 2024	Nov 2, 2023	Not available
Wellness score	80	80	
Future disease risk	Moderate	Moderate	
Age at time of HRA	44	43	

This summary provides a snapshot of your current health based on your responses in the questionnaire. Any previous results are displayed here to show your progress.

- **Wellness score:** Calculated from your responses to questions about lifestyle, health status, and screenings. The highest possible score is 100.
- **Future disease risk:** Your chances of developing a disease in the future, based on your personal medical history, lifestyle behaviors, and laboratory and biometric results.

The report that follows explains your health risks. It also serves as a guide to help you reach better health and to stay healthy.

Please note: This report does not replace information from your healthcare provider. If you have any concerns about your health, please contact your healthcare provider's office.

→ Next



Cosas importantes que debe recordar:

- La evaluación quedará completada cuando seleccione "Submit" (Enviar).
- Seleccione sus beneficios e inscribese en HEM durante la inscripción abierta, del 1 al 31 de octubre en [PEBBEnroll.com](https://www.pebbenroll.com).
- Complete dos acciones de salud de su elección antes de la siguiente inscripción abierta del próximo año. Las acciones de salud son prácticamente ilimitadas. Visite [ProvidenceHealthPlan.com/PEBB/PHA](https://www.providencehealthplan.com/PEBB/PHA) para obtener más información.