PERSONAL HEALTH ASSESSMENT

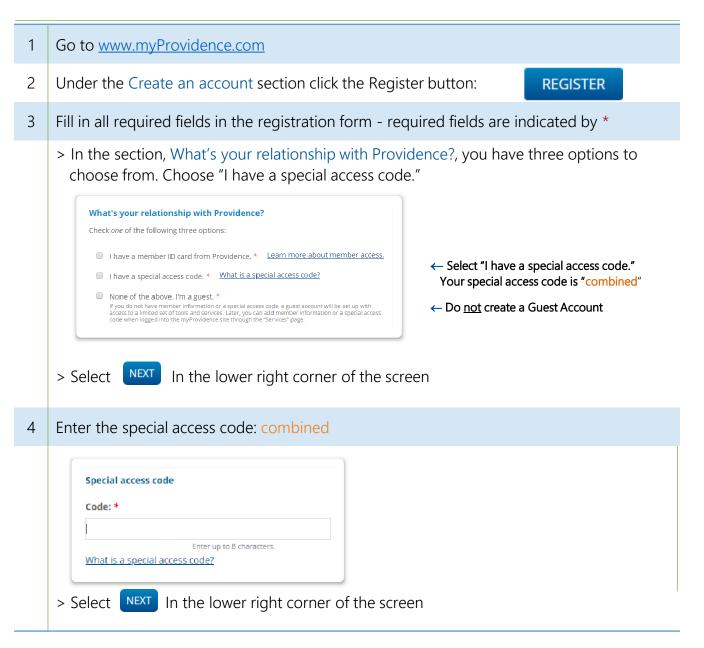
User Instructions – Special Access Code

1. Create an account at www.myProvidence.com

Follow the instructions below to create an account. Registration is quick, easy and secure.

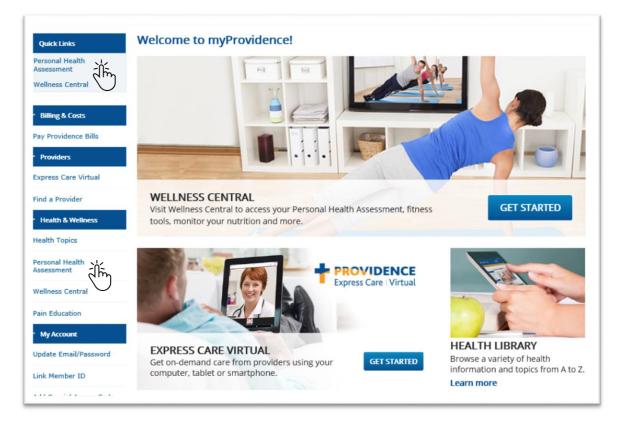
You will need a few pieces of information to get started:

- Personal information (Name, birthdate, gender, zip code)
- Email address
- Special access code (combined)

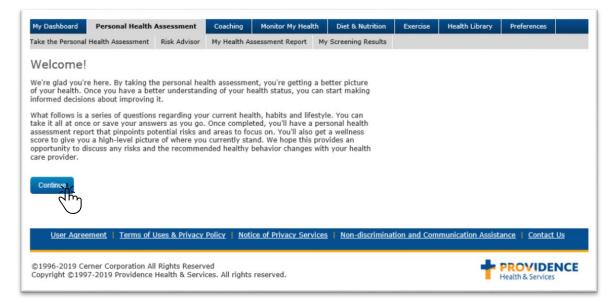


2. Take the Personal Health Assessment

Step 1: Once logged into myProvidence, click on **Personal Health Assessment**., which can be found in the left-hand navigation, under Quick Links and Health & Wellness.



Step 2: Select **Continue** and follow the on-screen prompts to complete the Personal Health Assessment. It takes about 15 minutes to complete.



Frequently Asked Questions

What is a personal health assessment?

The personal health assessment is a tool that helps you evaluate your current health and quality of life. The assessment reviews your personal practices and helps identify lifestyle changes that can improve your health.

The benefits of using a personal health assessment include:

- A greater awareness about your overall health.
- Seeing a "big picture" view of your health, and learning how your personal choices impact your health.

• Identifying the areas of your health that would be helpful to maintain or improve.

Will the results of my personal health assessment be shared with anyone?

The results of your personal health assessment are confidential, unless you decide to share them.

Your employer may receive an aggregate report highlighting trends of employees at your organization. The report will not contain information that identifies individual employees or their results. 25 or more employees must complete the personal health assessment in order for your employer to receive an aggregate report.

If I start the personal health assessment but do not complete it, will my progress be saved?

Yes! If you begin the Personal Health Assessment but you are unable to complete it within the same interaction, your progress will be saved for you to continue the next time you log in to the site.

If I have questions while taking the personal health assessment who should I contact?

Call the myProvidence Help Desk at 1-877-569-7768. Be sure to mention that you are a Special Access Code user. Your special access code is "combined."