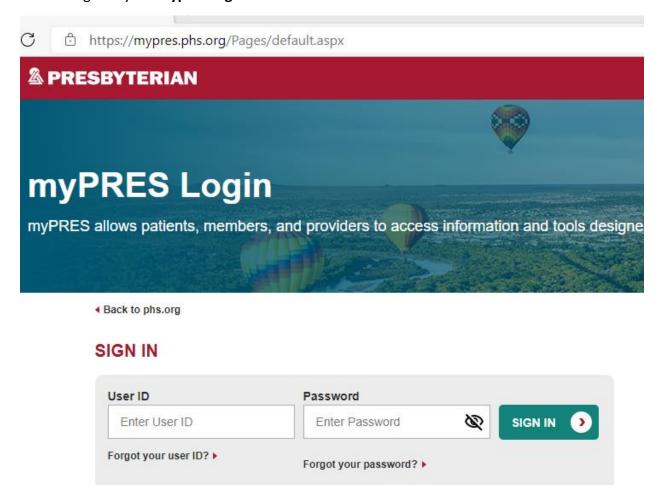
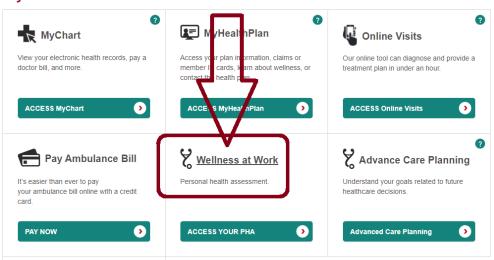
Steps to Complete Your Personal Health Assessment

1. Login to your mypres.org account



2. On the myPRES Services webpage, click on the Weelness at Work tile

myPRES Services



3. At the top right area of the Wellness at Work webpage, click on PHA



4. Navigate through each questionnaire page and answer the questions to **complete your**PHA



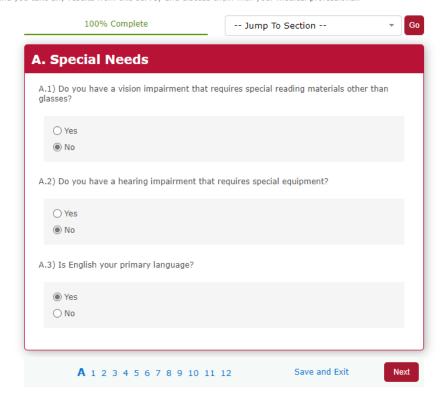


This Personal Health Assessment (PHA) will help you learn more about your current health, as well as how to improve and maintain your overall health and well-being. The PHA is completely voluntary and confidential, and it takes only 15 minutes to complete. Once you complete the assessment, you will receive a report that provides you with the health information you need to create your personalized health improvement plan.

Continue

Personal Health Assessment

Disclaimer: this survey has been created for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, treatment, or care. Since health varies from person to person, not all recommendations and guidelines cited in this study will be appropriate for every individual. We recommend you take any results from this survey and discuss them with your medical professional.



Note: You may complete your PHA as many times as you want, however, you may only receive one gift card per Fiscal Calendar year (July 1st through June 30th).

Beginning July 1, 2021 (FY22), an Amazon Gift Card code will be redeemable from your Wellness at Work dashboard upon completing the PHA. Gift card codes do not expire but if not redeemed by June 30th of the current fiscal year then it will be forfeited. So please make sure you redeem your code as soon as you receive it so you don't lose it.