

Steps to Complete Your Personal Health Assessment

1. Login to your **mypres.org** account

◀ Back to phs.org

SIGN IN

User ID:

Password:

SIGN IN

[Forgot your user ID? ▶](#) [Forgot your password? ▶](#)

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

myPRES Services

MyChart View your electronic health records, pay a doctor bill, and more. ACCESS MyChart	MyHealthPlan Access your plan information, claims or member ID cards, learn about wellness, or contact the health plan. ACCESS MyHealthPlan	Online Visits Our online tool can diagnose and provide a treatment plan in under an hour. ACCESS Online Visits
Pay Ambulance Bill It's easier than ever to pay your ambulance bill online with a credit card. PAY NOW	Wellness at Work Personal health assessment. ACCESS YOUR PHA	Advance Care Planning Understand your goals related to future healthcare decisions. Advanced Care Planning

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**

A screenshot of the Wellness at Work website's Personal Health Assessment (PHA) page. The logo "Wellness at WORK" is at the top left. Below it is a navigation bar with "My Health", "Nutrition", "Physical Activity", "Education", "Reference", and "Message Center". Underneath is a sub-menu with "Personal Health Assessment", "Health Logs", "Health Log Intervals", "Screening Results", and "Metabo". Below that is another sub-menu with "Personal Health Assessment Report" and "Risk Advisor". The main text reads: "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." At the bottom left is a red "Continue" button.

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.

100% Complete

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A. Special Needs

A.1) Do you have a vision impairment that requires special reading materials other than glasses?

Yes
 No

A.2) Do you have a hearing impairment that requires special equipment?

Yes
 No

A.3) Is English your primary language?

Yes
 No

A 1 2 3 4 5 6 7 8 9 10 11 12

Save and Exit

Next

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.