

Hello, PEBB members with Providence Health Plan Insurance

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

As an important step in this process, you must take your Health Assessment (HA) between **September 1 – October 31.**



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.
- 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 interface. At the top, it says "Welcome to myProvidence." Below that, it prompts the user to "Login to your account below." There are two input fields: "Email" and "Password". The "Password" field has a small eye icon to toggle visibility. Below the input fields is a blue "Log in" button. Underneath the button are links for "Create account", "Lost your password?", and "Need help logging in or registering?"

02 Login: 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.

Secure Your Account

Enter your country code and phone number to which we can send a 6-digit code:

United States, US, +1

Enter your phone number

How do you want to receive the code?

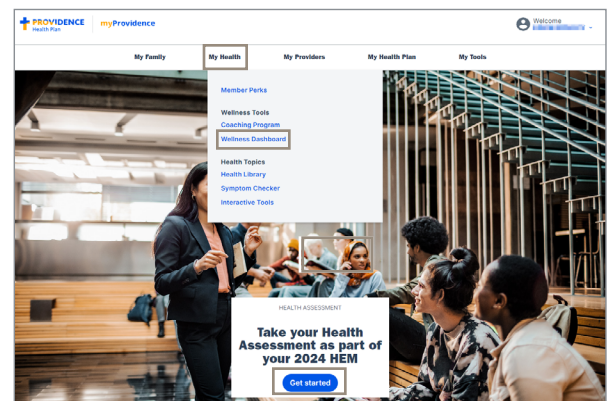
Text message Voice call

Continue

Try another method

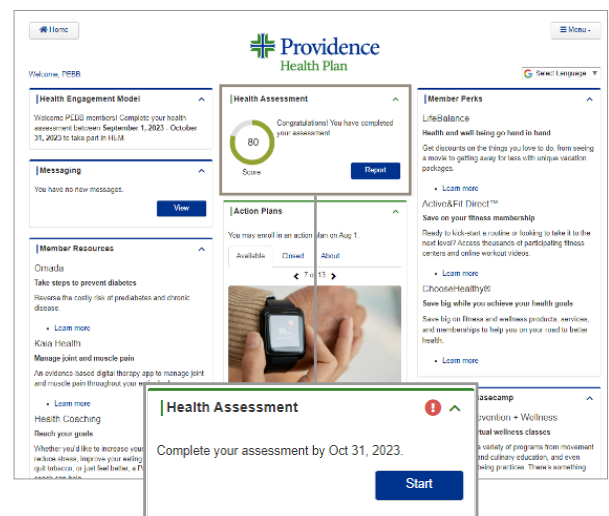
03 Take the Health Assessment

- From the myProvidence landing page, you can get to the HA 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 **“Wellness Dashboard.”**



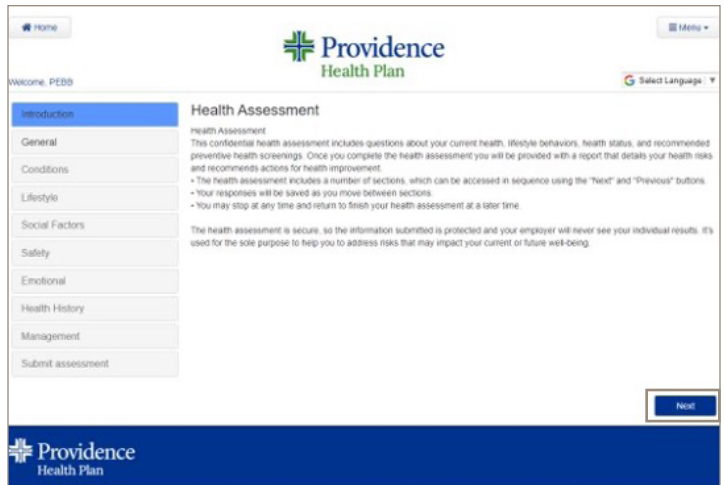
04 Accessing the HA

- From the Wellness Dashboard, 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.)



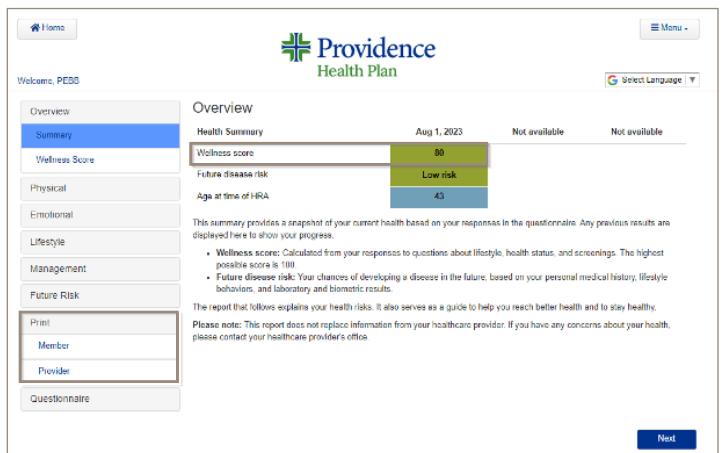
05 Click "Next" at the end to submit your assessment

- 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.



06 Review your Health Assessment Score

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



Health Summary	Aug 1, 2023	Not available	Not available
Wellness score	80		
Future disease risk	Low risk		
Age at time of HRA	43		



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. Do so during open enrollment 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. Visit ProvidenceHealthPlan.com/PEBB/HEM for more information.