

ARE YOU MAKING HEALTHY CHOICES?

What is a Personal Health Assessment (PHA)?

- ▶ The PHA is a quick and easy online questionnaire that asks you what you do for, exercise, nutrition, stress, and to maintain general health.
- ▶ The PHA helps you learn how your choices affect your health and what you can do to be healthier.
- ▶ The PHA takes 15-20 minutes to complete. If you aren't able to finish all at once just hit save, and you can pick up where you left off when you come back.
- ▶ The PHA is completely confidential. Your employer will not see your answers. Your health information will not have an impact on your insurance coverage or your employment status.

Why should I take my PHA?

Having healthy habits can help you feel better and help lower your chances for developing heart disease, diabetes, cancer, and other chronic conditions or help you control conditions you may already have. Even small changes can make a difference. But, you need to know where to start and what you can do better.



HOW DO I GET STARTED?

- 1 Go to mytuftshealthplan.com
- 2 Use your Tufts Health Plan member ID number to create your account, or if you already have one, just log in
- 3 On your home page, click “Use Your Health Tools” at the bottom left corner
- 4 Click the “Personal Health Assessment” link to begin
- 5 To get the most out of your PHA, enter your most recent health numbers such as your height, weight, blood pressure, cholesterol, HDL and glucose. You can get this information from your doctor.

*You will need an email account to register for mytuftshealthplan.com. If you do not have an email account, you can create one at gmail.com, yahoo.com, or an email provider of your choice.

What happens next?

- ▶ Once you're done with your PHA, you'll get a report telling you what you're doing well and where you can make changes to live a healthier life.
- ▶ Based on your results, you'll get easy-to-follow next steps, health tips, and fun tools and quizzes to help you to make healthier choices.
- ▶ If you have risk factors for diabetes or heart disease such as being overweight or having high blood pressure, you may be able to work with a health coach. A health coach can help you to get started on a new exercise plan or a change in your diet.
- ▶ Use your online health tools to help you reach your goals:
 - Use our six-week Healthy Living Program to help reduce stress, eat healthier, quit tobacco, and more!
 - Listen to monthly classes on topics like work/life balance, childhood obesity, and cancer prevention.
 - Chat with a nurse about your health concerns or questions.
 - Use health trackers, videos, and other resources to help you stay on track.

If you have questions about how to complete the PHA, please call 866-201-7919, option 7. We're here to help – every step of the way.

This program is subject to Health Information Portability and Accountability Act (HIPAA) requirements, and all Tufts Health Plan members age 18 and over are eligible to participate. The PHA is available in English and Spanish; all other online tools are available in English.

INCENTIVE INFORMATION

