



## Assess your health and well-being

Personal Health Profile

Learn how you can take action to optimize your well-being, and gain insight into your lifestyle and potential health risks by completing your Personal Health Profile. **This confidential questionnaire provides you with:**



A **health profile report** with personalized tips to help you improve and maintain your well-being



**Recommended well-being tools and resources** specific to you



A **well-being score** that reflects how your habits may help you stay healthy now and in the future



### How to take your PHP

1. Log on to the **Health Advocate website** or **app**
2. Select **Well-Being**, then click on **Well-Being Center**
3. Select **Start the Personal Health Profile**
4. Complete the questionnaire
5. Learn about what you're doing great and areas where you can improve your well-being



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