

What's your HQ?

HealthQuotient, WebMD's exclusive personal health assessment is available to Providence Health Plans members through myProvidence. You'll come away with your HQ score and a motivational action plan to improve your health.

It's free, easy, completely confidential and takes only 15 minutes.

What you'll learn:

- Your health risk factors.
- Important numbers for your personal health.
- Where to find help.

Customized just for you

With baseline information about your current health, you can take action to improve your future health.

Completely confidential

No one else will see your individual health information. Participation is free, voluntary and completely confidential.

Take the first step in managing your health positively and proactively. Register for myProvidence and access HealthQuotient at www.providence.org/healthplans.

