

What's your wellness score?

Take the first step in managing your health and take your personal health assessment, available to Providence Health Plans members through myProvidence. You'll come away with your wellness score and a motivational action plan to improve your health.

It's free, easy and takes only 10 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.

Private

You can share your results with Providence to support your well-being. Your employer will not see your wellness score and personal health information.

Register for myProvidence and take your personal health assessment at www.myProvidence.org.



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