



Complete Your Personal Health Profile

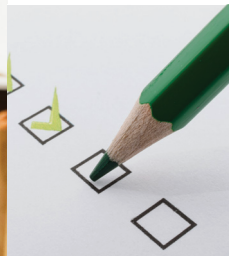
Discover your risk for chronic disease

It's Easy!

By completing your Personal Health Profile, you will get a snapshot of your current health status and risk for certain diseases and conditions.

Once you get your results, you can share them with your doctor or talk with your Health Advocate Wellness Coach to set your own personal health goals.

Flip to see how to get started



HealthAdvocateSM

Q How can I access the Personal Health Profile?

You can access your Personal Health Profile anytime, 24/7, by logging on to the Health Advocate website or app through your computer or mobile device.

Q Why should I take the time to complete the Personal Health Profile?

Your Personal Health Profile is an important tool to help you identify health risks early so you can address them before they cause major problems.

Q What does the Personal Health Profile ask?

The Personal Health Profile will ask about your lifestyle habits, such as how much you exercise or if you smoke. Topic areas include weight, nutrition, exercise, stress, tobacco use, cholesterol, blood pressure, and more.

Q When will the results be available?

If you complete your Personal Health Profile online, you will receive your report immediately. The report will highlight your positive health habits, health risks, and areas where you can make improvements.

Q Will my employer receive the results?

No, the results of your Personal Health Profile will be kept 100% confidential.

Q Should I discuss the results of my Personal Health Profile with my Wellness Coach?

Absolutely—in fact, you're encouraged to! Your results will be very useful to your coach as you work together to develop a personal wellness plan with goals that can improve your overall health and lower your risk for disease.

Q Do I have to take my Personal Health Profile before contacting my Wellness Coach?

No. You can call your coach and start your Wellness Coaching program at any time.

Call us for personalized help!

You can call your Health Advocate Wellness Coach to discuss the results of your Personal Health Profile and create a plan to improve your health and meet goals like getting fit, eating better, losing weight, quitting tobacco, and more.

Get Started Today

- Log in to your member website
- Click on "Complete your Health Personal Health Profile" on the home page To Do List

Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web:

Download the app today!



*Some restrictions apply.

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