

# Take A Personal Health Assessment and Take Your First Step Towards Better Health!

Imagine yourself fit, strong and full of energy. Take a Personal Health Assessment (PHA) from Magellan Healthyroads and get started down that healthy road to a lifetime of health and vitality!

## What is a Personal Health Assessment?

The PHA helps you assess and understand your current health status so you can set positive, practical goals to help you achieve better health! The PHA not only asks you questions about your diet, activity, tobacco use, sleep, preventive health, safety, immunizations and stress levels, but also asks questions about any chronic diseases you may be managing and your current treatment, how productive you feel at work and your use of complementary medicine. The PHA also uses 'readiness to change' concepts to determine 'where you are' with regards to making health behavior improvements and what your preferred method of learning is to make those health improvements.

## Want to Get Started?

Please follow these instructions to complete your PHA:

Go to [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member) to complete the PHA online in the Quick Links section. It's that easy!

After you complete the PHA, you'll receive a personalized health plan detailing your risk factors along with a suggested plan of action. Think of it as your own personal roadmap that you can follow to achieve better health and finally reach your goals!



## Now, Put Your Plan into Motion!

After you receive your personalized health plan, you can start putting your plan into action! Access the Magellan Healthyroads Online portal through [MagellanHealth.com/member](http://MagellanHealth.com/member) and find:

- Comprehensive, interactive prevention and wellness tools
- Exercise and nutrition planners
- Fitness and wellness trackers
- Wellness library and managed blog
- Self-guided modules

## Together, You and Magellan Healthyroads Can Make Good Health Happen!

The Magellan Healthyroads program is designed to assist you with healthy living by providing the needed tools to meet your health and wellness goals. Whether you are looking to lose weight, quit smoking or just feel better, Magellan Healthyroads provides supportive and comprehensive services to encourage you to take the first step toward better health and an improved quality of life. Get started down the road to good health today!

Employee Assistance Program  
For Professional Consultation

**Call 1-800-523-5668**

For TTY Users: 1-800-882-7610

