

A Healthier Lifestyle Awaits



Take the Personal Health Assessment

Taking the Personal Health Assessment not only helps you find out your current health status and how your lifestyle behaviors today can affect your health in the future.

What is the Personal Health Assessment (PHA)?

The Personal Health Assessment is a confidential tool that uses your answers to a series of questions to assess your health status and provides you with healthy solutions and feedback.

Why should I take the PHA?

- You have the power to influence how healthy you can be—40 percent of premature deaths in the US are related to lifestyle factors that can be changed.*
- It provides actionable ideas to help you improve overall health and highlights lifestyle improvements that may help lower your risk for developing chronic illness.

How do I access the PHA?

Step 1: Log on to www.mybluehealthma.com

Step 2: Click “First-Time Users Register Now”. Enter your first name, last name, date of birth, and the last four digits of your social security number. Then follow the instructions to complete the registration process.

Step 3: Under “Assess My Health” click the link to begin your Health Assessment.

Step 4: Once you have answered all of the questions, make sure to hit **submit** on the top of the summary page. Once you hit **submit**, you will see your Personal Health Report.

What happens after I take my PHA?

- Once you take your PHA, you can take advantage of Blue Cross Blue Shield’s online wellness programs to begin putting your results into action.
- If your results suggest that you could benefit from health coaching, you’ll be contacted by the Blue Cross Blue Shield health management team inviting you to participate in their voluntary program.