

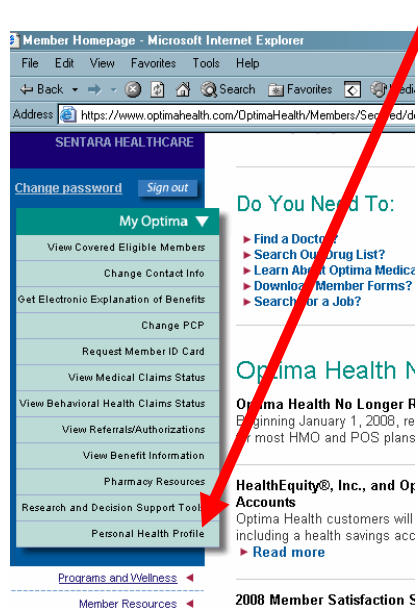
Do you want to learn about your health risks?

Do you want to learn how you can improve your health and prevent disease?

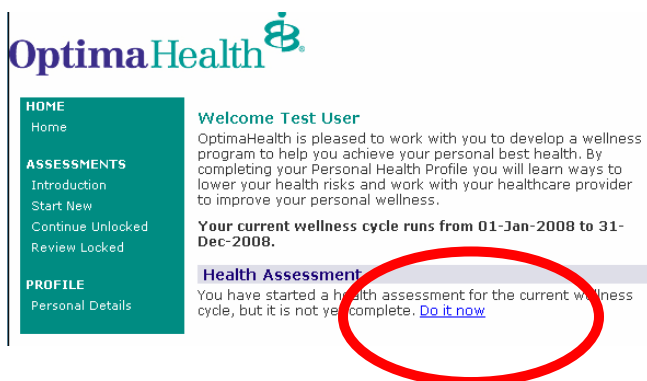
Now you can, by completing an online questionnaire, called a **personal health profile (PHP)**, OptimaHealth members can learn about their current health status. Members who complete a PHP will receive a **personal wellness report**, with information about their health risks and lifestyle behaviors. This report also includes recommendations on ways to improve health based on members' habits and behaviors, including nutrition and daily activities.

Where can I find the online personal health profile?

Visit the OptimaHealth web site at www.optimahealth.com. You will see an area for members to sign in. If this is your first visit, you will need to register, and then login into the Member area. Once you are logged in you will see a screen similar to the picture below. Look for the link to **Personal Health Profile**, the red arrow is pointing to the link below.



By clicking this link you will see a personal welcome page, with a link "Do it now." To start your health risk assessment, click on "Do it now" and you will be prompted to start answering questions. If you are unable to finish the questionnaire at one time, you can save it and return to it later. Once you have completed and submitted the questionnaire, you will see your wellness report. You can print your personal report and a shorter report to take to your health care provider's office. You can complete this questionnaire once a year.



OptimaHealth is pleased to offer this tool that can help you to develop a personal wellness plan and achieve your personal best health. By completing your Personal Health Profile you will learn ways to lower your health risks. Don't delay - log on today!