



Getting Started With the PHA

The Personal Health Assessment (PHA) helps you understand how your own actions can influence your state of health. Answer questions about a wide range of topics and receive a customized action plan for better health.



Earn \$50 worth of Life Points when you take the PHA

PROTECTING YOUR PRIVACY

Your privacy is important to us, and any information will be held in strict confidence. When using this tool for the first time, you will be asked to read and accept the terms of our privacy and medical policies before proceeding.

Important Note: To maintain your security, you will be asked to create a different user name and password than you have for Life Points.

WHAT DO I NEED TO TAKE THE PHA?

- 15-20 minutes of time.
- Basic information such as your height and weight. If you know your blood pressure and cholesterol levels, that is also helpful.

WHAT ELSE DO I NEED TO KNOW?

- Please use the navigation buttons within the tool. Using your browser's "back" button may cause you to lose information.
- If you need to exit the PHA before finishing, you can always save your information and come back later to finish.

TO BEGIN:

1. Open your Internet browser and go to www.cdphp.com/pha.
2. A login screen will appear. First-time users must register to activate your account.
3. Enter the required information, such as: CDPHP member ID (nine characters plus the two digit suffix) first name, last name, and date of birth. These items must be entered the same way as they appear on your CDPHP ID card.
4. You will be asked to create a user name and password (different than for your Life Points account).
5. Click the "Get Started" arrow and begin.

TROUBLE LOGGING INTO THE PHA?

Select the "Click for help" link next to the CDPHP ID field on the registration page or call toll free 1-866-696-3305.

HOW DO I REDEEM MY LIFE POINTS?

Your account should be credited with \$50 worth of points within two weeks. Log into the Life Points site via www.cdphp.com/lifepoints to redeem your rewards.



A plan for life.