

KNOW YOUR HEALTH!

AvMed's Personal Health Assessment (PHA) is an online tool that helps you understand your current health status. By completing this confidential questionnaire, you will receive a personalized scorecard including recommendations and resources to help you target possible risks and alleviate healthcare costs.

Want to get started?

Just follow these simple instructions:

1. Visit **www.avmed.org/mdc**
2. Log into your **AvMed account**
3. On the left hand side of the screen, click on ***Health and Wellness***
4. Click on ***Take your Personal Health Assessment*** highlighted in **blue**
5. The ***Personal Health Assessment Consent*** screen will pop up
6. Click ***I Agree to PHA Consent***
7. Follow the steps to complete your assessment
8. You will then be taken to the AvMed Wellness Platform powered by Healthyroads®



Have questions?

Please contact AvMed Member Services at the number listed on your AvMed ID card.



Embrace better health.®