

# WellnessWorks Personal Health Assessment

## THE POWER OF ONE



The WellnessWorks **Personal Health Assessment (PHA)** is an online tool that helps you to understand your current health status.

By completing this confidential questionnaire, you will receive a personalized action plan, your health score card, and **25 points** towards your online incentive plan. You will also earn a **\$20 reward\*** for completing your PHA.

The journey to a healthy lifestyle begins with ONE step. Change starts with ONE decision. Get started with ONE program. Get on the road to YOU, Improved.

\*Reward will be disbursed via paycheck at the end of the quarter of completion and is subject to payroll taxes.

## WANT TO GET STARTED?

Just follow these simple instructions:

1. Log in at **www.Healthyroads.com**
2. Select **Take your PHA**
3. Follow the steps to complete your assessment

Call 1-888-245-6676 or 305-375-1511 or email [WellnessWorks@MiamiDade.gov](mailto:WellnessWorks@MiamiDade.gov) to find out how to engage with the WellnessWorks on-site coaches to help on your journey to YOU, improved. All County employees on the AvMed health plan are eligible.



Embrace better health.®