

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 \$15 cash reward card and a personalized scorecard including recommendations and resources to help you target possible risks while saving on healthcare costs.

WANT TO GET STARTED?

Just follow these simple instructions:

1. Visit **AvMed.org**
2. Scroll down to the bottom of the home page
3. Click on **Take your Personal Health Assessment**
4. Log into your AvMed account
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



HAVE QUESTIONS?

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

This benefit does not apply to certain ASO groups and Medicare. Please call the number listed on your ID card for additional information.



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