

Personal Health Assessment

Once you have completed the survey, you'll get your *Personal Health Assessment* right away. It will include information on areas that you need to address. You'll get tips for lowering risk factors and links to organizations that can provide further support. You will be able to print your report or refer back to it online at any time.

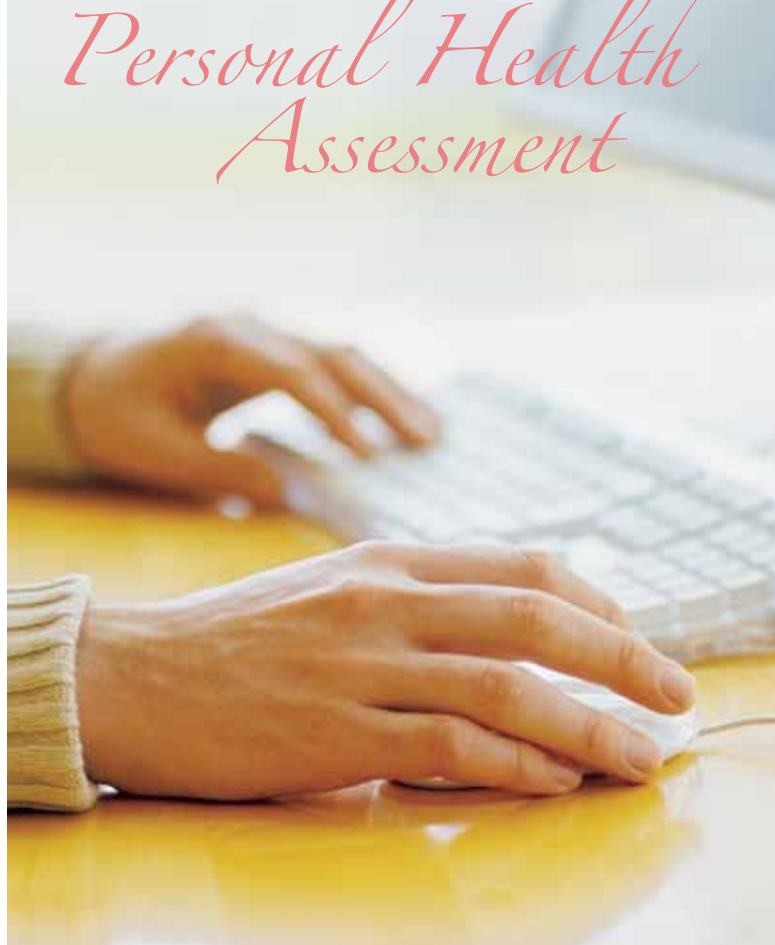
You also will be given a wellness score. The score will let you know if you are on the right track to good health. The wellness score and tips provided in your report can help you work with your doctor or other health care professional to develop a strategy that's right for you!

Take the First Step

Taking the *Personal Health Assessment* is voluntary. We hope you will log on and take advantage of this valuable tool. Our goal is to help you achieve and maintain a healthier lifestyle. *Personal Health Assessment* is your first step.

Personal Health Assessment does not replace the medical care you receive from your doctor. Always check with your doctor before following any medical advice.

Log on today
www.PAISC.com



A An online program for PAI members who want to get healthy and stay healthy

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PLANNED ADMINISTRATORS INC

Personal Health Assessment

Personal Health Assessment is an online survey that can help you identify your personal risk factors while guiding you toward a healthier lifestyle.

It's Easy to Use!

1. Go to **www.PAISC.com**.
2. Click on the Member's tab and go to the **Health Programs** link located under the "Members" heading.
3. Choose the **Health Assessment** link to access the survey.

To log in, enter your Group number located on your ID card in the Company field.

Type in the word "Health" in the Login ID field, and "Wellness" in the password field.

- Company - Group #
 - Login ID - Health
 - Password - Wellness
4. Read the Privacy Statement, and create a username and password (write it down).
 5. Enter additional information to verify your identity and click **Continue**.
 6. Next click on **Take Survey** to begin.
 7. To complete the Personal Health Assessment, answer the questions on each page and click **Continue**. After answering the last series of questions, click on the **Download/View** link to view your results.

If you are not able to finish the assessment, click **Exit survey and complete later**.

The Username and Password you created on the Privacy Statement page becomes your new **Login ID** and **Password**.

The **Company** field remains your Group Number located on your ID card.



The survey includes questions about:

- Nutrition
- Vehicle Safety
- Alcohol Use
- Current Health
- Biometrics (height, weight, and other vital statistics)
- Tobacco Use
- Physical Activity
- Stress and Depression
- Health History

Beat your risk factors