

Getting Started With the PHA

The Personal Health Assessment (PHA) was created to help you understand how your own actions can influence your state of health. You will be asked questions about a wide range of topics. We will use your answers to create an action plan for better health.

PROTECTING YOUR PRIVACY

Your privacy is important to us, and any information pertaining to you individually will be held in strict confidence. We will be using the data compiled only as described on the User Agreement page. 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.

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. If you don't have that information, your doctor's office should be able to help you.

WHAT ELSE DO I NEED TO KNOW?

- This tool has some helpful videos available within the Web pages. If you would like to watch them, make sure your computer has Flash Player.
- Depending on where you view this information, you may also want headphones to wear so you can listen to the videos without disturbing others.
- 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.
5. Click the "Get Started" arrow.
6. Upon successful registration you will be taken to the PHA Welcome page.
7. Still need help? Select the "Click for help" link next to the CDPHP ID field on the registration page.

TROUBLE LOGGING IN?

For technical support logging into or registering for the PHA, call toll free 1-866-696-3305.



A plan for life.

Capital District Physicians' Health Plan, Inc.
Capital District Physicians' Healthcare Network, Inc.
CDPHP Universal Benefits,® Inc.

