Learn how you can take action to optimize your well-being, and gain insight into your lifestyle and potential health risks by completing your Personal Health Profile. This confidential questionnaire provides you with:

- **A health profile report** with personalized tips to help you improve and maintain your well-being
- **Recommended well-being tools and resources** specific to you
- **A well-being score** that reflects how your habits may help you stay healthy now and in the future

**How to take your PHP**
1. Log on to the Health Advocate website or app
2. Select **Well-Being**, then click on **Well-Being Center**
3. Select **Start the Personal Health Profile**
4. Complete the questionnaire
5. Learn about what you’re doing great and areas where you can improve your well-being