

Personal Health Profile (PHP)

What is a Personal Health Profile (PHP)?

The PHP is a confidential survey that helps you find new ways to improve the way you look and feel and supports your efforts in leading a healthier lifestyle.

What's in it for me?

When you fill out WellCall's confidential PHP, you'll immediately receive a customized wellness report detailing your health status and specific steps that you can take to improve your health. Topic areas include:

- Weight
- Nutrition
- Exercise
- Stress
- Smoking
- Cancer Risk
- Cholesterol
- Blood Pressure

Will my employer receive the results from my PHP?

No, your results are 100% confidential.

How long will it take for me to complete my PHP?

It should take approximately 15 - 20 minutes to complete.

Remember: One of the best ways to protect your health is through preventive care. This profile will help you become more aware of your risk factors that can lead to future disease and supports you in taking the steps necessary to stay healthy. **Note:** The PHP is provided for all employees and spouses.



How to Get Started

1. Go to www.wellfitadvantage.com. Website Available 11/28/2011
2. Click on "Member's Log-In".
3. Enter your email and password. *If you are a first time visitor*, click the "Register" button. Next, enter your company password "**WFA-SWRodgers**". Follow the online instructions and complete the registration process. Once your account has been activated, go to www.mywellcall.com and log in with your email address and password. If you were registering thru the "non-email" option, just click continue to get to the main user page.
4. Click on "My Personal Health Profile."
5. Select your language and click "continue."
6. Read the Privacy Statement and check the box if you agree.
7. Enter your first name, last name, DOB, and last four digits of your SSN.
8. Complete your profile and select "update."
8. Then, select "Take Survey" and answer all of the questions.

If you have any questions, please e-mail helpdesk@wellcall.com.