



How to Complete your On-line Health Assessment

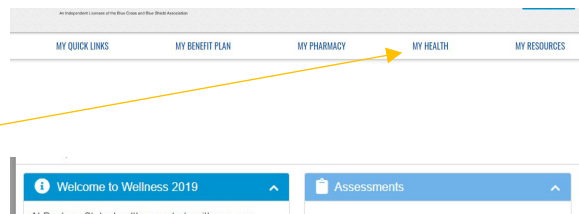
Each year you will need to complete the Online Health Assessment.

1. Schedule your appointment for you PHA Health Screening using the Pick-A-Time Scheduler. Select the correct location.

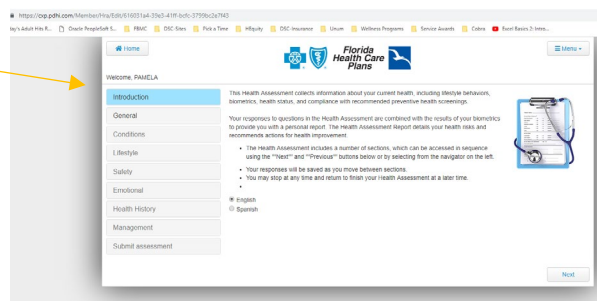
2. Go to www.fhcp.com and log into your **MEMBER PORTAL** (top left corner of webpage)



3. Locate pointer over **MY HEALTH** from the menu bar and from the drop down that will appear, select **Health Assessment**.



4. Your **Health Assessment** will appear with several phase tabs on the side bar. As you progress through the phases, please know that you can start and stop at will and continue where you left off.



*Please note:

No Fractions or Dashes (use full years).

Hours are based on 60 minutes.

Round to whole number.

Automatic Time Out is set and you will need to log-out and log-in and restart where you were when you were timed-out.