

PERSONAL HEALTH ASSESSMENT COMPLETION



A participant **MUST** complete his/her 2010 Personal Health Assessment (PHA) questionnaire by November 30, 2010 to be eligible for all *Hit the Road with the Buckeyes* prizes, including weekly prizes and the Mileage Achievement Tier grand prize drawings. Remember, the longer you wait to complete the PHA questionnaire, the more weekly prizes you'll miss out on.

How Do I Take The PHA Questionnaire?

1. Obtain your biometric health numbers.

You have two options for obtaining these numbers: through your annual physical exam or through a campus biometric health screening. Campus biometric health screenings typically take about 20 minutes and are available at several campus locations, at no cost to employees. To schedule your screening, go to **www.YourPlanForHealth.com**.

2. Complete your PHA Questionnaire.

Once you receive your biometric health numbers, you'll need to log back in at YourPlanForHealth.com to complete your PHA questionnaire. You can also contact HR Customer Service at (614) 292-1050 to request a paper copy.

Remember, the *YP4H* biometric health screening is different than completing the *YP4H* PHA questionnaire. Faculty and staff will still need to log in at YourPlanForHealth.com to submit their 2010 PHA questionnaire.

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