

Guide to Taking the Health Risk Assessment

1. Attend a PEHP Healthy Utah testing session. (Biometric results from your physician can be submitted to Healthy Utah by using the First Steps Rebate form found online at www.pehp.org or the Uintah School District webpage under “Employee Wellness”.)

Wait 2 days and then complete steps 2 through 5. (If submitting results from your physician, wait a couple of weeks and then complete the remaining steps.)

2. Login to your personal account at www.pehp.org.



The screenshot shows the 'myPEHP For Members' login interface. It features a blue header with the logo and the text 'For Members'. Below the header, the title 'Member Login' is displayed. There is a text input field for the 'User Id' with a placeholder 'Please enter myPEHP User Id'. To the right of the input field is a link for 'I forgot'. Below the input field is a link that says 'Click here to create a new myPEHP account.'. At the bottom of the form are two buttons: 'Cancel' and 'Submit'.

3. Once you login, find the Healthy Utah resources on the left side of the PEHP homepage and select “Take Health Risk Assessment”.

HEALTHY UTAH - NEW! -

- › [Homepage - Know. Plan. Act.](#)
- › [Register For Testing Session](#)
- › [View Your Testing Results](#)
- › [Take Health Risk Assessment](#)
- › [See Your Rebate History](#)
- › [More Rebate Information](#)

- Complete “Step 1” by clicking on [My Life Check Assessment](#). This will take you to the American Heart Association’s “My Life Check”. Complete the My Life Check and save or print your results.

Step 1. Take the online [My Life Check Assessment](#) to get started. Once completed, save or print your results.

Step 2. Enter the results from your My Life Check Assessment in the table below.

	WHERE YOU ARE NOW	CHOOSE YOUR NEXT STEPS
Smoking Status	Select...	
Healthy Weight	Select...	
Physical Activity	Select...	
Healthy Diet	Select...	
Blood Pressure	Select...	
Blood Cholesterol	Select...	
Blood Sugar	Select...	
Heart Score	0 - 10	

- Complete each section of “Step 2” by entering the results from your “My Life Check Assessment”. Don’t forget to enter your “Heart Score”. When finished click “Submit Query”.

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