



Take Control:

Personal Health Assessment and Talk to an Expert



Personal Health Assessment

By completing and regularly updating your Personal Health Assessment (PHA) you can keep track of your current health risks and take a major step towards a proactive approach to nutrition, physical activity and wellness. The PHA will help you evaluate your current physical and mental health, set goals, and provide a foundation from which your progress can be demonstrated and documented.



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MY PERSONAL HEALTH ASSESSMENT

100% Complete -- Jump To Section --

1. Health View

General Health

1.1) Complete the following statement: "In General, my overall health is..."

- a) excellent
- b) very good
- c) good
- d) fair
- e) poor



Talk to an Expert (Registered Trainer or Dietitian)

Need more guidance or motivation? Personal HealthConnect offers access to a certified dietitian and register trainer. Email one of our certified dietitians or registered trainers directly through the Personal HealthConnect portal and you will receive a response within 48 hours.



Message Center Sent Messages Trash Bin

TALK TO A TRAINER [How to use this tool](#)

Need more guidance? Our trainers are here to help. Compose your message below and click "Send". You can expect a response within 48 hours.

New Message

To: Registered Trainer

Subject:

Message:

(max 5000 characters)

Send