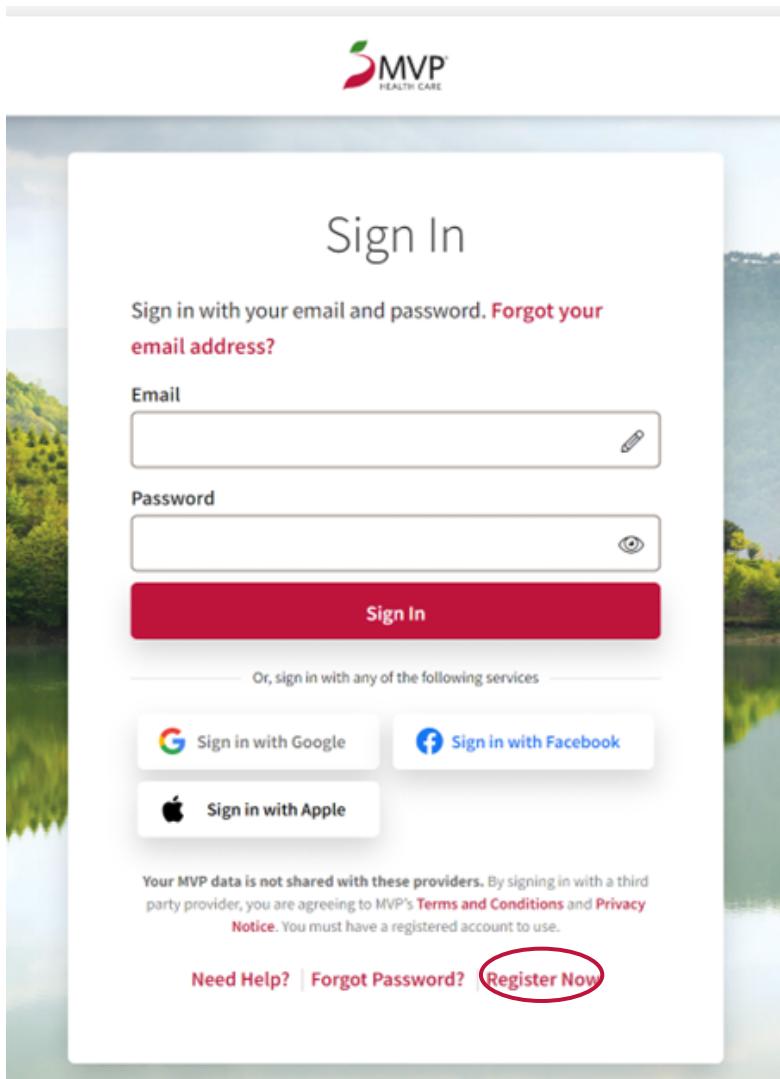


Creating Your MVP Health Care Member Online Account and/or Taking Your Vitality Health Assessment

If you already have an online account, skip to page 2.

You can also create your account easily on our MVP *Gia* app, download in Google Play or the App store! The Health Assessment must be accessed through the website.

1. Visit my.mvphealthcare.com
2. *Create a New Account* and choose **Register Now**. You will need your MVP Member ID and a valid email address.



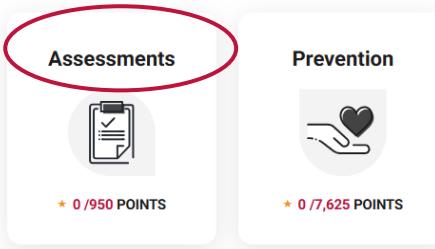
*This document was created specifically for **Ellis Medicine** by their MVP Health Promotion Program Manager.

Taking Your Power of Vitality Health Assessment

1. Once signed in at my.mvphc.com select Well-Being on *My Dashboard*
2. Scroll down to "Unlock Your Health Potential with Vitality"
3. Select **Let's Go!** This will bring you to a new Power of Vitality Portal
4. Read and accept Terms and Conditions
5. On the right side of the home page, you will see Earn Points

Earn points

Complete activities to achieve a status and earn points toward each category.



6. Select Assessments under Earn Points and find the Health Assessment
7. Take the Health Assessment

Please note, there is no printable certificate, but MVP will be able to provide reporting more frequently than before. However, it will be a few months until reports can be generated.