

Instructions for Completing Your Health Assessment

The online Health Assessment tool, powered by Vitality, is a health and lifestyle survey that helps identify potential health risks and opportunities for improvement.



Discover the Power of Vitality—complete other health-related tasks and activities, set and track personal goals, and get support whenever you need it.

For MVP Members

1. Sign in to Gia[®] online at my.mvphc.com or the *Gia by MVP* mobile app and select *Well-Being*, then *Start Earning Now*. This will bring you to your well-being homepage on the Power of Vitality website.

Note: The first time you sign in to the Power of Vitality site, you must read and accept the Terms and Conditions.

2. Select *Take your health assessment*.



To download the *Gia by MVP* mobile app, scan the QR code or visit mvphc.com/GetGia.

For Non-MVP Members

1. Sign in to Gia at my.mvphc.com.

If you don't already have a Gia non-member account, select *Register Now*, then *Employer Sponsored Wellness Program*. You will need a valid email address and your designated Group ID.

Group ID #: _____

Note: Once you're registered, you can sign in to Gia immediately, however, it may take up to 48 hours to have access to the Power of Vitality website.

2. After 48 hours, sign in to Gia and select *Well-Being*, then *Start Earning Now*. This will bring you to your well-being homepage on the Power of Vitality site.

Note: The first time you sign in to the Power of Vitality site, you must read and accept the Terms and Conditions.

3. Select *Take your health assessment*.

Note: The online health assessment takes 10-15 minutes to complete. If you are unable to finish your assessment in one sitting, select *Save Progress* at the top of the page to return and finish at your convenience.



Issues signing in to Gia? Call MVP eSupport at **1-888-656-5695**.

For any questions about using the Vitality platform, please contact a Vitality Customer Care Representative at **1-877-224-7117**, Monday–Friday, 8 am–5 pm Central Time or email wellness@powerofvitality.com.