



TAKE YOUR PERSONAL HEALTH ASSESSMENT (PHA)

By February 28 // Omaha Public Schools

Don't miss this opportunity. Take your PHA by Feb. 28 and receive a \$25 VISA GIFT CARD.

If you haven't already done so, we encourage you to take the PHA—it's one of the most important steps you can take towards living a long and healthy life. And, when you complete the PHA by Feb. 28, you will receive a \$25 Visa Gift Card in April.

It's easy to do...

- Click on the link the EHA Wellness Team sent to you via email February 7 or go to www.ehawellnessorg.
- Log into your EHA Wellness account and click "Take PHA" on your dashboard.

Forgot your code? Click on "Forgot Code" on the login page.

Your information is protected. The information is compiled into a report upon completion of the questionnaire and remains fully confidential throughout the process. All health information is collected in accordance with the Health Insurance Portability and Accountability Act (HIPAA)—your group's representative will receive only a group report.

The deadline for completing the PHA and earning a \$25 VISA GIFT CARD is February 28 at 6pm (CST).

Our goal is simple: to protect the health and well-being of every educator in the state of Nebraska. Working together, we can make the rest of your life, the best of your life.



*LOVE LOVE this program!!
Keeps me accountable every
day to stay focused on my
well-being and my goals!
I have lost 20lbs
Thank you! Thank you!*

The PHA is being offered as part of the Educators Health Alliance (EHA) Wellness Program.