

# L!VEwell

Physicians Health Plan offers its members an exclusive wellness program with tools and resources to help support you on your wellness journey.



### Assess your health

The first step toward better health is knowing your current health status. The personal health assessment is an online health questionnaire designed to give you a clear picture of your current health and identify where you can improve.



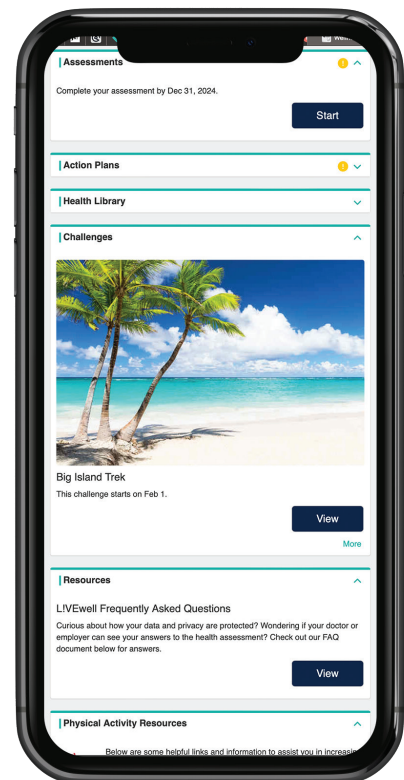
### Learn to make changes

Weekly lessons are tailored to your goals with educational resources to guide you to make healthier choices.



### Reach your goals

Take your wellness to the next level with a variety of challenges. Connect your fitness device to easily track your progress.



Access LIVEwell through the MyPHP member portal.

Have questions?  
Email [LIVEwell@phpmm.org](mailto:LIVEwell@phpmm.org).