

## Instruction For Completing: The GVHP Online PERSONAL WELLNESS PROFILE

(If you do not have access to the Internet, call GVHP Customer Service at 949-2410 for a paper version of the Personal Wellness Profile)

Congratulations on taking a great first step in maximizing your health!  
Listed below are detailed instructions on completing an online Health Risk Assessment.

### GVHP Members

Step 1: On the Intranet, go to: [www.gvhp.com](http://www.gvhp.com), click on Personal Wellness Profile (HRA)

Grand Valley Health Plan | Choose Well | Home - Microsoft Internet Explorer provided by Grand Valley Health Plan

File Edit View Favorites Tools Help

Address <http://www.gvhp.com/>

Grand Valley Health Plan

Home | Provider Directory | Locations | Member Handbook | About GVHP | Agents | Employers | Members | Human Resources

Welcome to Grand Valley Health Plan

This site serves as a valuable resource of information on all aspects of GVHP. As a member, you can find helpful information regarding your Health Center, provider and special services offered by GVHP. For those of you considering GVHP as your health care plan, please use this site to better grasp what GVHP is all about.

Latest News

Introducing GVHP PrimeCare

GVHP is pleased to introduce it's new product called GVHP PrimeCare. GVHP PrimeCare was created by Grand Valley Health Plan to help individuals and families who do not have health insurance or have insurance that does not cover routine primary care or urgent care visits in a family practice setting. [Read More...](#)

New On-line Prescription Ordering

You can now reorder or renew your prescription on-line. Simply click on the "Members" tab above. Then click on "Prescription Refills" and fill out the short form. It's that easy!

HealthNet

- GVHP HealthWet Login
- Health Information Line Member Satisfaction Survey

Online Wellness Tools

- Personal Wellness Profile (HRA)
- Online Wellness Center
- American Heart Association Heart Profiler
- American Diabetes Association

Site Features

- News about GVHP
- The GVHP Provider Directory
- Member Handbook
- Helping You Help Yourself Handbook
- Drug Recall Information
- Employment Information

Step 2. Read the Terms of Use and Click "I Agree" to proceed

Step 3. At the login screen, choose New User Registration

Login - Personal Wellness Profile - Microsoft Internet Explorer provided by Grand Valley Health Plan

File Edit View Favorites Tools Help

Address <https://wellsuite.com/gvhp/mwp/approot/Login.asp?sid=20071129094502883022>

Grand Valley Health Plan

Welcome to the GVHP Personal Wellness Profile. If you are a new user, please complete new user registration by clicking on the link in the menu to the left. If you are returning, please login. Thank you!

Always remember to click EXIT when leaving this site.

User ID:

Password:

Login

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version 1.2.1

New User Registration  
Forgot Your Password?  
Tutorial Help  
Return to GVHP Home Page

User ID: you choose any name

Over →

**Grand Valley Health Plan**  
"GrandValleyHealthPlan" New Registration

Fields marked with \* are required. We encourage you to include your email address. If you do, we can reset your User ID and password if you forget them. Thank you.

[Return to login screen](#)

**Group: Choose GVHP** (Callout box pointing to the Group dropdown menu)

**Password: you choose- must be between 4-13 characters** (Callout box pointing to the Password field)

**Group ID: 6 digit Group Number on your GVHP Membership Card** (Callout box pointing to the Group ID field)

**Example of Personal ID: 495301261949 (SS# 4953 Birthday 01/26/1949)** (Callout box pointing to the Personal ID field)

Form fields include: \* Group (dropdown), \* Password, \* Retype Password, \* First Name, Middle Initial, \* Last Name, Email Address (needed to reset password), \* Address Line 1, Address Line 2, \* City, \* State, \* ZipCode, Daytime Phone, \* Group ID (on your GVHP member card), \* Personal ID (Last 4 digits of SS# then birthdate). A Login button is located at the bottom right.

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Disclaimer: this product has been created for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, treatment, or care. Since health varies from person to person, not all recommendations and guidelines cited in this product will be appropriate for every individual. If you have a particular health concern, contact your doctor. Please follow your doctor's

Step 4. Click login

Step 5. Begin filling in your Personal Wellness Profile and click Next to move to the next screen

Step 6. When you finish the survey, click Finish and view your preliminary Personal Wellness report

Step 7. Call your Grand Valley Health Plan Family Practice Office to schedule a Biometrics Visit (to measure your height, weight, blood pressure, and cholesterol).

**Grand Valley Health Plan will mail a full report to you with additional information when you complete your Personal Wellness Profile and Biometrics Testing.**

***Thank-You!***