

The MHCSI *Profile*^{plus} Personal Health Assessment (PHA) provides members with the opportunity to gain the knowledge, skills and resources to take the best care of themselves as possible, in order to lead healthy and rewarding lives.

This quick & easy health survey just takes 15-20 minutes to complete. Before proceeding we recommend that you have your blood pressure, cholesterol and blood glucose measurements taken by your doctor or by your Lawtons/Sobeys pharmacist and fill the values in on the reverse side of this card. These measurements complete your "passport" to the PHA and will allow you to get the most value from the service.

Keep these records handy for review each time you visit your doctor, pharmacist, or online/on-site Personal Health Assessment

To complete your online PHA go to: www.mhcsibenefits.ca

Lawtons
DRUGS

Sobeys
Pharmacy *by Mail*

Sobeys
Pharmacy

 **pharmacy**
Price
at **Chopper**



MHCSI
Profile^{plus}

PERSONAL HEALTH PASSPORT



Personal Health Passport

Name: _____

Date of Birth (mm/dd/yyyy): ____ / ____ / ____

Client ID: _____

Group ID: _____

Org ID : _____ (contact MHCSI for your group's three digit Organization ID Number by calling 1.888.686.6427 or email mhcsi@mhcsi.ca)

Date	Blood Pressure		Blood Glucose	Cholesterol & Triglycerides				Weight	Height
	Systolic (Top Number)	Diastolic (Bottom Number)		Total Cholesterol	HDL	LDL	Triglycerides		

To complete your online PHA go to: www.mhcsibenefits.ca