



PHP is pleased to announce the “Be Well at Work” Health Portal.

It’s an innovative tool that helps you easily plan fitness, dietary and health goals to achieve healthy lifestyles via an extensive array of interactive tools.

Key features of the portal include:

- Health Assessment
- Individualized meal plans and food logs
- Physical activity tracker
- Personalized progress reports
- Smartphone mobile access and Apps



To register for your FREE account:

1. Go to: PHPMichigan.com/MyPHP
2. Click “MyPHP Member Portal”
3. Login and click on Be Well

