



Health assessment

How's your health?

A health assessment is a great tool for knowing how to answer that question. It evaluates your personal lifestyle and habits to identify unhealthy behaviors and risks that you can change to live a better life. Some health plans offer a free online health assessment, and many give you an incentive, like a gift card or discount, for completing the assessment.

More information about health assessments can be found on the Health and Wellness link under the MY HR tab on LiteBlue at <https://liteblue.usps.gov>.

And that's smart safety!

For additional information or guidance, contact your safety office.