



## 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 Wellness link on MyHR on the Blue intranet.

And that's smart safety!

For additional information or guidance, contact your safety office.