



## Health Risk Assessment

The yearly Health Risk Assessment will help you evaluate your current lifestyle, identify health risks, and decide where and how to make improvements. Take the time to read your report carefully. Use the personal recommendations to set your own goals based on what is important to you.

### What can I learn from my Health Risk Assessment?

- My Overall Wellness Score
  - A number that gives a rating of my overall health based on my risk factors and health practices
    - Excellent 75-100
    - Good 50-74
    - Needs to Improve 25-49
    - Caution, High Risk 0-24
- Risk factors I have for heart disease and cancer
- My nutritional and fitness status
- How I am handling stress
- My health age as compared to my actual age
- Medical follow-up or preventive exams I need
- A list of personal recommended actions I can take to improve my risks and my health
- And more...

**Lifestyle choices add up over time.**

**Making healthy choices will have value both  
now and for the future.**

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