

Complete Your Health Assessment!

- A confidential online health assessment, which only takes about 15 minutes to complete, offers personalized recommendations on how to best maintain and improve your health
- A comprehensive online health platform with calorie trackers, meal and exercise plans, wellness workshops, a nurse hotline, and much more, all available 24/7
- Incentives and rewards for completing parts of the program and taking steps to achieve and maintain good health

Take your health assessment and earn points toward a \$25 Gift Card. Learn more at www.livingwell.utsystem.edu/hra.htm

