Health Assessment Instructions

Human Resources have approved a health assessment from HowsYourHealth.org.

The assessment takes about 10-20 minutes. When you complete the assessment, the last screen will look like this and this is the only page we need. Please print the page or do a screen shot and print. This page does not contain any of your personal/medical information or results that you will find in the full summary. Let us know if you run into questions.

Congratulations

Your Checkup is Now Complete
✓ Means That You Have Seen
Choose Any Button To Review Now
Save Your Personal Plan to Review Later

Thank you for completing the Check Up. This summarizes possible health concerns and problems in four areas. You or a health professional may wish to address them.

1. Based on your responses to the questions you have no important lifestyle and behaviors that can harm you now or cause your problems in the future.

2. RISK for EMERGENCIES or FALLS: Your risk for being admitted to the hospital or having to use the emergency room in the future seems to