

Wellness Assessment 1-2-3



1 Know This

The Wellness Assessment is a confidential, online questionnaire that provides you with a more complete picture of your health and well-being as well as recommendations to help you be your best. It will help you evaluate your health, set goals, and encourage and motivate you to make healthy choices — providing a solid foundation for your health and wellness progress.

The assessment evaluates nine areas of health: preventive health, nutrition, physical activity, sleep, emotional well-being, safety, tobacco and nicotine exposure, alcohol use, and readiness to change. Your responses are used to personalize recommendations to help you achieve and maintain optimal well-being.

2 Do This

- Visit yourbesthealth.com or the Best Health app and log in to your account.
- Complete your Wellness Assessment — it takes just 10 minutes.
- Receive personalized recommendations and select activities to add to your To-Do List.

Your journey to Best Health starts here

Visit yourbesthealth.com to learn more.

3 Use This

Check out these other great resources to better understand and improve your health status.

Wellness Advisor

For each area of high or moderate risk, the Wellness Advisor will suggest personalized interactive activities to support positive action steps.

To-Do List

Select and add recommended activities and goals to your To-Do List. Setting goals and taking action can help you address areas you want to improve.

