

# Personal Health Assessment

## Knowledge Is Power

### A Step Toward Better Health

Taking a Personal Health Assessment (PHA) is just one of the many ways you can take steps toward better health. Unfortunately, many chronic health conditions show no warning signs. Your personal PHA may provide you with insight regarding your risk for developing certain chronic conditions, giving you the opportunity to take preventive action.

### Your Privacy Is Our Priority

Protecting your personal health information is very important to us. All the answers you give are confidential, protected by the federal HIPAA laws.

### You Matter

Choices you make every day can impact your health. The PHA can help you identify personal risk factors related to:

- Nutrition
- Tobacco Use
- Vehicle Safety
- Physical Activity
- Alcohol Use
- Stress and Depression
- Current Health
- Health History
- Biometrics

### Instant Feedback

After you've completed the assessment, you'll receive a personal wellness score and full summary of your answers, including some guidance on what each section indicates. Your information will be kept confidential.

The summary also provides tips for lowering risk factors. You can print your report or refer back to it online at any time.



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All counseling services are confidential in compliance with the law.