

Do I need anything before I take the Health Assessment?

In order to get the best possible results from filling out the questionnaire, it's a good idea to have your medical information at hand, including:

- Your blood pressure.
- Your cholesterol levels (total and HDL).
- The approximate date of your last checkup.
- When, approximately, you had your most recent vaccinations, such as for flu and tetanus.
- When, approximately, you had your most recent screenings for various cancers and other conditions.

Having this information will make for more accurate results and more focused recommendations. **It is not required, however.** You can write in your best guesses.

Before you start filling out the questionnaire, you might also think about your lifestyle, such as how often you:

- Drink alcohol.
- Smoke cigarettes, cigars or a pipe.
- Exercise, or perform physical tasks like yardwork or washing the car by hand.
- Eat fruits and vegetables.
- Drive faster than the speed limit.
- Feel tense or depressed.
- Get a full night's sleep.
- Make plans to improve your health.

What if I don't know when I had my tetanus shot?

Having the information listed above will make for more accurate results and more focused recommendations. However, it is not required. You can write in your best guesses.

What if I don't have time to finish all of the questions?

If you're not able to finish the questionnaire, as long as you don't click on the "SUBMIT" button, you can come back to the site later. Your answers won't be stored however, so you will need to start over, so plan on spending 10-15 minutes to complete all of the questions.

Okay, I answered all the questions and hit "SUBMIT," what happens now?

Once you're done, you'll be given a report on what you're doing well and what you can do better, plus an overall wellness score. You can view your results any time by using the Health Assessment links on your Health & Wellness home page.

When you are finished reviewing your results, click the finish button and you will return to your Health & Wellness home page - personalized for you based on your Health Assessment results.