

HEALTH ASSESSMENT



Move up to better health with a closer look at you

How many hours do you sleep at night? When did you last go to the dentist? Taking a health assessment can tell you how you're doing — and what steps you can take to feel better. And it only takes a few minutes to complete.

Your free, private health assessment

- Can help you spot certain risk factors
- May help prevent health problems before they occur
- Provides helpful tips for living a healthier life
- Includes an instant report on your health

Your individual health information is private and confidential. We don't share it with your employer. And, we don't share it with the Ohio Bureau of Workers' Compensation.

Enroll today at Go.ActiveHealth.com/BetterYouBetterOhio.

Then register on your personal health website. After your registration has been accepted, return to your personal health website. And then complete your health assessment online.

BetterYou
Better Ohio!
Ohio Bureau of Workers' Compensation

 **ActiveHealth**
MANAGEMENT.

The information provided by ActiveHealth Management's health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific healthcare needs or would like more complete health information, please see your doctor or other healthcare provider.

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