

Better health starts here

Check in with yourself

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.

Taking a health assessment

- Can help you find ways to improve your health
- May help prevent health problems before they occur
- Provides helpful tips for living a healthier life
- Includes a detailed report on your health



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.

Returning program participants: You need to update your health assessment each calendar year. Sign in to your personal health website. Then click **Retake** to update your health assessment.



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