



Better Health Starts Here

Complete Your Health Assessment

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. It only takes a few minutes to complete, and you can pause and return to the assessment at any time.

A Picture Of Your Health

Answering a few questions about your health and everyday habits gives you an instant report on what you're doing well and any areas for improvement.

- See your MyHealth100 score—a valuable metric to assess your health
- Choose the Personalized Pathway that best fits your health goals
- Help prevent health problems before they occur
- Get a Health Checklist with recommended actions and tasks to help you reach your goals

Ready to take your health assessment? Log on to myEVHC.com and click the myHealthCenter tab.

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