



COMPLETING YOUR MEMBER HEALTH ASSESSMENT

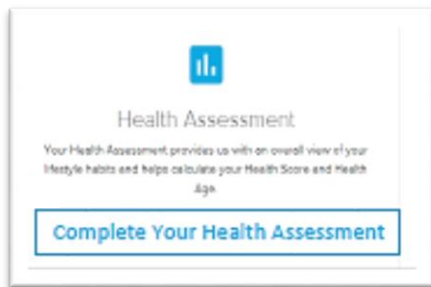
The **Good For You!** Member Health Assessment (MHA) is available today.
Have you gotten started?

One of the first steps to understanding your personal health is completing a Member Health Assessment (MHA). The MHA asks questions about specific lifestyle habits including your health, activity, and nutrition. **Don't Wait!** Completing the MHA takes less than 10 minutes and the results can get you started on a path to better health!

HOW TO COMPLETE YOUR MHA:

Returning to **Good For You!**

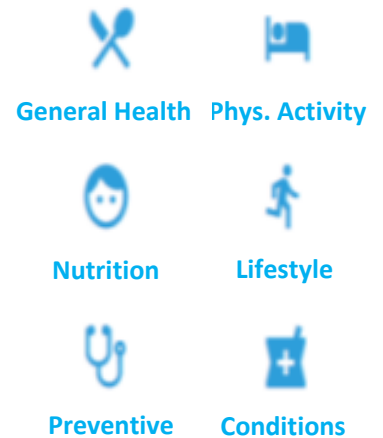
On your Homepage click on "Complete Your Health Assessment".



New to **Good For You!**

If you're just embarking on your road to wellness, click [Here](#) for our **Good For You!** Welcome Flyer which will assist in getting you started.

Once you've registered for a **Good For You!** account you'll be prompted to take the MHA as your first step. Complete the six sections to the best of your ability and you'll have completed your MHA!



What can I learn?

For completing the MHA you earn a **\$75.00** cash incentive as well as information to help you improve or maintain your health. When you complete both your MHA and your biometrics a Health Age and Health Score will be generated. These MHA results will show your risk level to help improve your overall health and well-being.

Questions?

Contact the Viverae Health Center at 888-833-5829.