

Kick off your personalized health experience by filling out a simple health assessment. It'll help identify what you're doing right and what could use some work. Once you've

Take your health assessment to earn a \$25 gift card

completed the first step, you'll receive a comprehensive well-being report with tips and recommendations that will help you reach your goals.

Visit beyondwellhealth.com > Log In > Health Assessment to get started.



## Download the BeyondWell app

Keep your wellbeing journey at your fingertips—download the BeyondWell mobile app! Take your health assessment, view your reports and start participating in your well-being journey no matter where you are.

Find us at the iTunes App Store or on Android Google Play and you'll be on your way.

