

# I'm taking my free health assessment on [empireblue.com](http://empireblue.com) because...

"I want a snapshot of what my health looks like."

"I need to stay healthy — for them and for me."

Know your health risks — try the health assessment on [empireblue.com](http://empireblue.com)

**Health assessment is a report created just for you, with action steps to better health.**

Log in to [empireblue.com](http://empireblue.com), click on **Health & Wellness** and start your health assessment today.



**Any information you put in your health assessment is protected.**

This tool is for you. Your info will not be used by your company or by Empire to decide if you're eligible for coverage. And it cannot affect the amount you pay for coverage. It may use info to help suggest health/wellness programs or tools that are part of your coverage. All your answers are protected by HIPAA Privacy and Security rules.