

# Today I will

## take the health assessment and take action

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

### Here's how the health assessment works — and why taking it can be a good move for you.

1. Answer some questions to get a snapshot of your current health — like what's going great and any at-risk areas you should know about.
2. Get tips on simple steps you can take today to reduce your health risks and avoid serious treatment.
3. Find out about all the free programs and easy-to-use tools on [empireblue.com](http://empireblue.com) that can help you live healthier.

### Anything you put in your health assessment is protected information.

This tool is for you. Your information 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.

The health assessment may use information to help suggest programs or other health or wellness tools that you might want to use, and that are part of your coverage. All your answers are protected by HIPAA Privacy and Security rules.

### Use this chart — the more info you have, the more accurate your score.

So, do your health assessment now — then do it again whenever you get more info. Or use the chart to gather as much as you can, then take it. Your choice.

<b>Weight</b>	<b>Height</b>	<b>Blood pressure</b> <b>Systolic</b> (top number) <b>Diastolic</b> (bottom number)	<b>Blood sugar</b> (glucose) level
<b>Total cholesterol</b>	<b>LDL cholesterol</b>	<b>HDL cholesterol</b>	<b>Triglycerides</b>
<b>When's the last time you had the below preventative care?</b>			
<b>Check up</b>	<b>Mammogram</b>	<b>PSA test</b> (a test for prostate health)	<b>Colonoscopy</b>
<b>Vision exam</b> (including screening for glaucoma)	<b>Dental exam</b>	<b>Flu shot</b>	

