

Both patients and health care teams can benefit from the **healtheliving** assessment

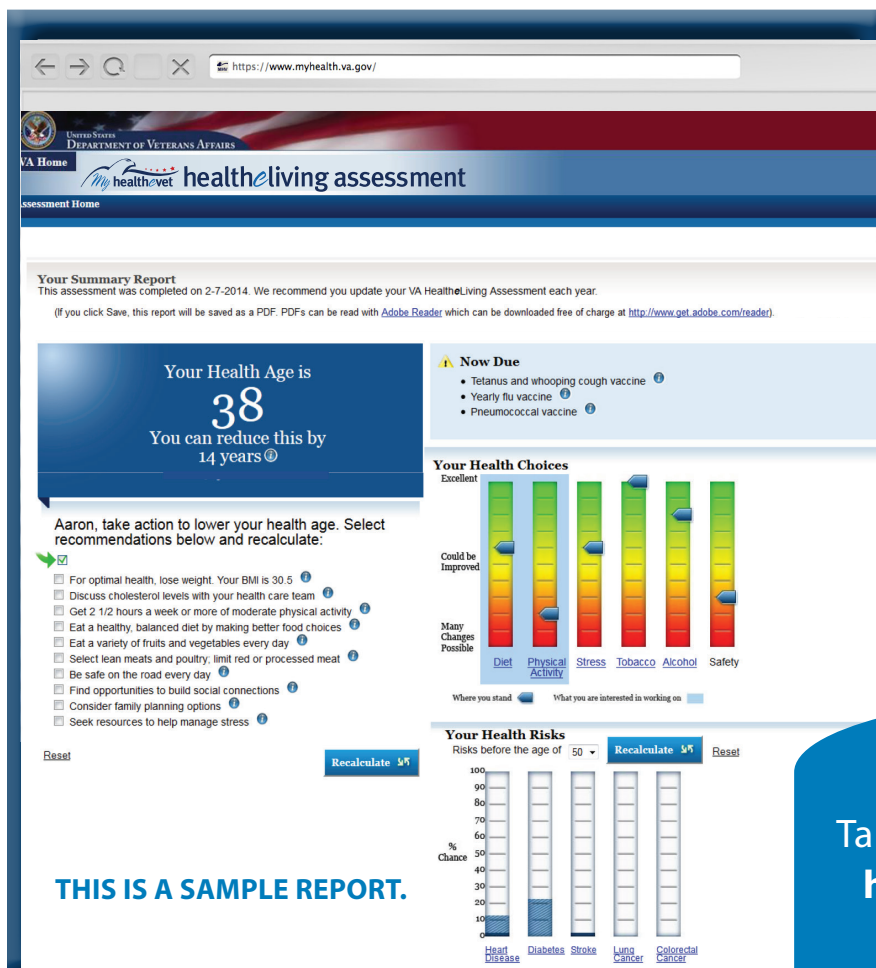
Encourage your patients to take the **healtheliving** assessment today

The **healtheliving** assessment (HLA) can help your patients understand the value of a healthy lifestyle and improve their overall health. This quick, confidential online assessment is available 24/7 at **www.myhealth.va.gov**. The HLA also benefits the health care team by:

- **Helping health care teams better partner and communicate** with patients to reach health goals.
- **Reinforcing clinical guidance** on how patients can lead healthier lives.
- **Offering actionable recommendations** to patients to make healthy changes.
- **Providing a patient's "health age,"** an estimate of the patient's overall health and risks of developing certain diseases based on factors such as weight, diet, and exercise habits. The health age estimates how healthy the patient is compared with others that age, and can help patients visualize the effects of their lifestyle and health changes.

Patients should know that the HLA:

- **Is an online tool** available 24/7 through My HealtheVet.
- **Estimates their health age**, which shows how healthy they are compared with others their age.
- **Is completely confidential**—unless they choose to share their results with their health care team. The HLA will not affect their benefits or eligibility for VA care.
- **Is interactive**—they can select recommendations to follow and recalculate their health age, lifestyle assessment, and disease risks, providing insight into which changes produce the most benefit.
- **Is customized** to their unique needs as Veterans.
- **Provides confidential, secure information** in personalized reports.
- **Helps them talk with their team** about their overall health and disease risks.
- **Offers recommendations** to better their health.
- **Helps them prioritize their health goals** and see the effects of these changes.
- **Can be printed and shared** with health care teams.



The HLA is available at the My HealtheVet website (www.myhealth.va.gov).

They need only to register as a My HealtheVet user and log in to take the HLA.

Talk to your patients about the **healthliving assessment**.

Help them set goals for a healthier life.