Take the healthliving assessment to find out

The healthliving assessment (HLA) is a first step to understanding—and improving—your health. The HLA asks you questions about your lifestyle and health history, and provides you:

- **Your “health age,”** an estimate of how healthy you are compared with others your age, based on factors like your weight, diet, exercise, and health habits.
- **Personalized reports** on your overall health and risk of certain diseases.
- **Recommendations** on how to improve your health and lower your disease risk.

The HLA is available 24/7 through the My HealtheVet website. It’s confidential and takes only about 20 minutes to complete!

**Ready to get on track to better health? It’s easy with the HLA:**

1. Log in to your online account at My HealtheVet (www.myhealth.va.gov). If you’re new to My HealtheVet, just register for an online account at www.myhealth.va.gov.
2. Click on the healthliving assessment link.
3. Complete the assessment and find out about your health age today!