The health living assessment (HLA) can help you better understand how you can lead a healthier life. This confidential online tool asks you questions about your personal and family health history and lifestyle choices, 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.

Print your health living assessment and share it with your health care team.

Take the health living assessment to find out
Why should you take the HLA?

• **It's confidential, safe, and secure.** Unless you want to share them, no one has access to your answers and reports.

• **It's quick, free, and easy.** No appointments, no waiting—you can complete it online in about 20 minutes.

• **It's informative and personalized.** You get specific recommendations on how to improve your health.

How can the HLA help you reach your goals?

With the HLA, you can:

• **Explore and learn**
  Walk more? Eat better? Try the interactive feature to learn how making these changes can improve your health age.

• **Communicate better**
  Reaching your health goals can be easier if you choose to share your HLA reports with your health care team.

• **Set goals**
  Make a plan to improve your health.

• **Make changes**
  Learn about healthier ways to live.

Three easy steps to 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 health living assessment link.

3. Complete the assessment and find out about your health age today!