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.
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](http://www.myhealth.va.gov)).
   If you’re new to My HealtheVet, just register for an online account at [www.myhealth.va.gov](http://www.myhealth.va.gov).

2. Click on the healthliving assessment link.

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