

You aren't getting any younger... or are you?

Complete the CoreSource HealthCenter Health Risk Assessment (HRA) to find out if your health age is lower than your actual age.

Your personalized INSIGHT® Health HRA includes:

- :: Your health age
- :: Your disease risks
- :: Your important risk factors
- :: What you are doing well
- :: What you need to work on
- :: And more...

Use the information in your HRA results to find out how you can lower your health age. Then, update your HRA every year to see how your health age improves as you make lifestyle changes.



HealthCenter

To access the HealthCenter, log in to www.coresource.com and select the HealthCenter link on the right. Then, select the Health Risk Assessment banner under Get Involved!

The screenshot shows the YourCare HealthCenter website. At the top, there are logos for YourCare HealthCenter and CORESOURCE. A navigation menu on the left includes links for Home, YourCare Program, Healthy News, My Health, My Workouts, My Assessments, Family Health Guide, Cool Tools, My Settings, and Your Comments. The main content area features a 'health HOME' header, a 'Get Involved!' section with a list of steps to participate in the wellness program, and a 'TODAY IS NATIONAL EMPLOYEE HEALTH AND FITNESS DAY!' announcement. There are also buttons for 'SCREENING scheduler' and 'HEALTH RISK assessment'.