

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

Complete the NGS 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 visit the HealthCenter, log in to [www.NGS.com](http://www.NGS.com) and select the HealthCenter link on the right. Then, select the Health Risk Assessment banner under Get Involved!

The screenshot shows the HealthCenter website interface. On the left is a navigation menu with links: Home, YourCare Program, Healthy News, My Health, My Workouts, My Assessments, Family Health Guide, Cool Tools, My Settings, and Your Comments. Below the menu is a 'tip...' section with text about National Employee Health and Fitness Day. The main content area is titled 'health HOME' and includes a welcome message, a 'Get Involved!' section with two numbered steps, and two banners: 'SCREENING scheduler' and 'HEALTH RISK assessment!'.