

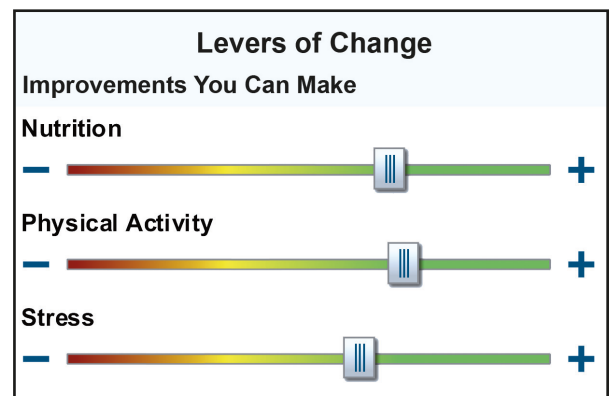


Are you ready to get healthy?

The **Personal Health Assessment (PHA)** can help you make the changes you are ready for. Take the PHA today to learn what you can do to have the biggest impact on your health.

Take the PHA to experience...

- **A simple set of questions** – to help you create a plan of action you can stick to, in order to improve your health.
- **Interactive sliders to meet you where you are** – these Levers of Change allow you to tell us the health changes you are ready to make today.
- **Virtual Guide** – to help you through the assessment sections and motivate you to a healthier you!



Complete the PHA and receive your **Personal Action Plan** which includes:

- **A Wellness Score** – Your score is based on what you can change, such as your unhealthy habits—not on what you can't change, such as your family history.
- **Your top three health goals** – Each of your goals is broken down into three simple steps—Read, Talk and Do.

If you are ready to get healthy, the PHA can help.

- To take the PHA:
- 1) log onto www.capitalhealth.com;
 - 2) click on 'CHP Health Coaching' button;
 - 3) register on the Dialog Center; **then**
 - 4) **click** the 'Health Tools' tab for the PHA



850-383-3400

www.capitalhealth.com

