

Are you ready to pursue a healthier lifestyle?

Take a few minutes to identify opportunities to improve your health by taking our on-line Personal Health Profile!

What is the Personal Health Profile?

The Personal Health Profile will help you assess your health habits in six different categories:

- Nutrition
- Stress & Well-being
- Check-ups
- General Health Habits
- Cardiovascular Health
- Setting Goals for Better Health

Take all the sections at once—or save your work and come back later! When you finish, you'll receive an overall health score along with a comprehensive, customized report with detailed health recommendations just for you! Plus, there are downloadable tools and tips to help you maintain positive health habits and set goals for behavior change. So don't wait! Improve your health today with the Personal Health Profile!

To access the profile, log on to www.ibxpress.com.



**We encourage you to complete
the Personal Health Profile!
Log on today!**



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