

## Numbers are important when it comes to your health

Complete an online Personal Health Profile at [www.ibxpress.com](http://www.ibxpress.com) and find out your health score. Just answer some basic questions to find out how your health measures up. You'll be asked health questions such as:

- general health
- preventive screenings and exams
- family health
- nutrition
- stress and well-being
- exercise
- health habits
- safety

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**We're here for you every step of the way.**

