

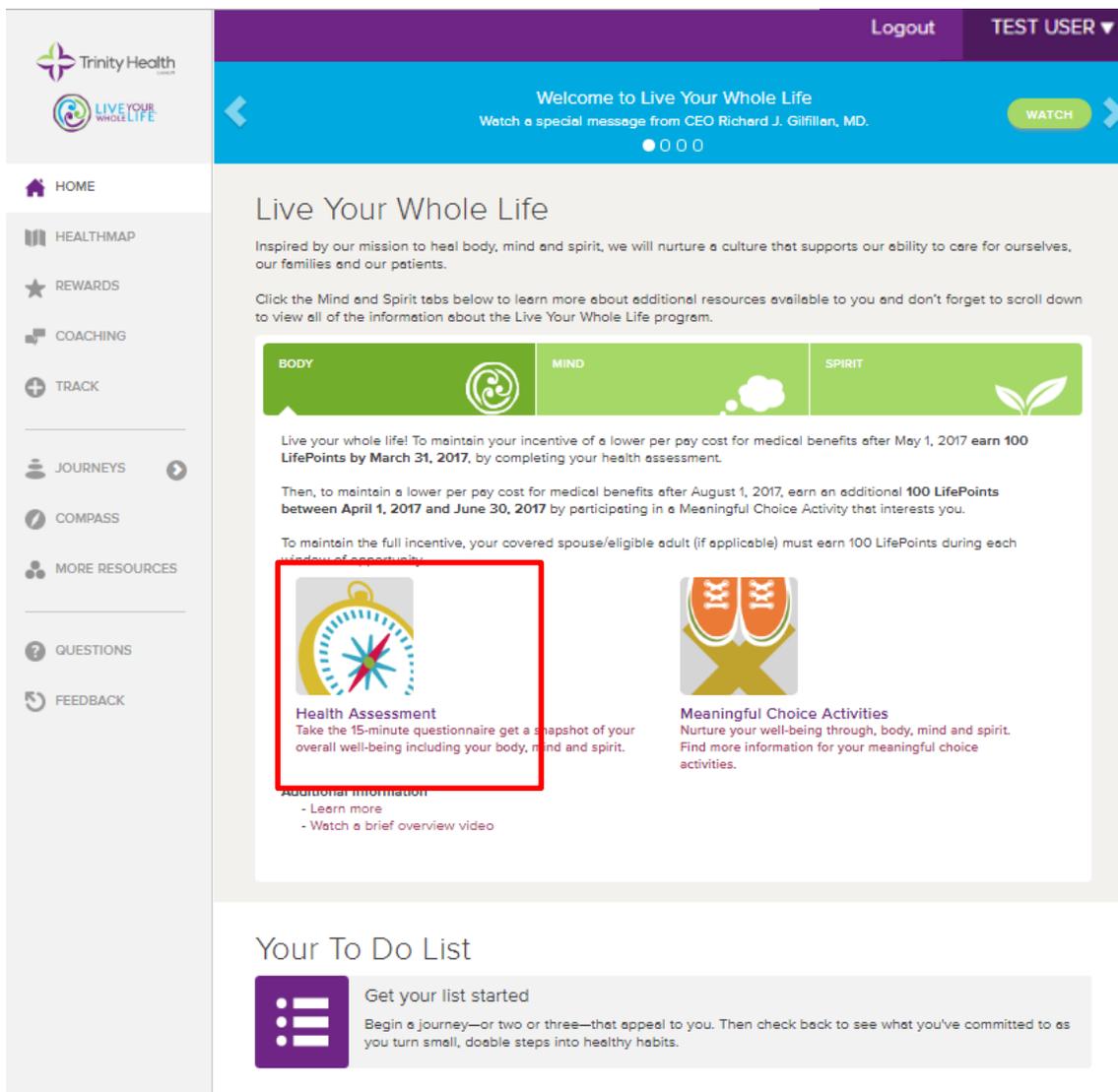
COMPLETING YOUR HEALTH ASSESSMENT

Get started from the homepage of your Live Your Whole Life account at mybenefits.trinity-health.org/lywl.

If you completed the health assessment in the past, click RETAKE in the top right-hand corner of your Compass Results to get started.

When you provide your health information in this 15-minute questionnaire, you'll get recommendations developed just for you. You'll be able to see your results, and to measure the improvements you make to your health over time.

If you recently had a screening with your healthcare provider, including results for your cholesterol, blood pressure, glucose or other key health numbers, be sure have your results handy to enter into your health assessment. Entering this information is encouraged for the most comprehensive results, but is not required.



The screenshot shows the user interface of the Live Your Whole Life account. At the top right, there are links for "Logout" and "TEST USER". A blue banner welcomes the user and offers to watch a special message from CEO Richard J. Gillfillan, MD. The main content area is titled "Live Your Whole Life" and includes a mission statement and instructions on how to earn LifePoints. A navigation bar highlights three categories: BODY, MIND, and SPIRIT. Below this, there are two featured cards: "Health Assessment" (highlighted with a red box) and "Meaningful Choice Activities". The "Health Assessment" card includes a red-bordered icon of a compass and text describing a 15-minute questionnaire. The "Meaningful Choice Activities" card features an icon of two hands holding a heart. At the bottom, a "Your To Do List" section is visible, with a card titled "Get your list started" that encourages users to begin a journey and check back on their commitments.

Once you've completed your health assessment, you'll see a screen with your results. Review your results including Your Top Strengths and Your Top Risks.

Compass Results

Test, you're going in the right direction.
You've come to the right place for ideas and support on next steps to improving your health. With some healthy changes you can get closer to a goal score of 100. What steps are doable today to keep you moving in a healthy direction?

Health Score
Feb. 9th, 2016
73

How your health compares
Are you doing better than the thousands of people who make up this year's average? Improving your everyday habits, getting recommended exams and following a doctor's treatment plan help you earn a higher score.

Your Top Strengths

Physical Activity
Congratulations on keeping up with one of the most important health habits for both body and mind. Your commitment to physical activity boosts your energy and mood, helps you manage your weight and prevents disease. And that's only the top three of many reasons to keep it up!

Your Top Risks

Nutrition
Eating healthy is like medicine—and you could use some of that medicine. Work more fruits, veggies and whole grains into your diet to refuel your body and brain. And pass on the fat, salt and sugar. It'll boost your energy and lower your risk for disease.

	Strengths	To Watch	Risks
Physical Activity	●		
Tobacco	●		
Alcohol	●		
Life Outlook	●		
Sleep	●		
Stress		●	
Preventive Care		●	
Social Support		●	
Nutrition			●

If you completed the health assessment in the past, click RETAKE here

The Let's Go button at the bottom of the Results page provides a list of personalized recommendations for meaningful choice activities on your HealthMap.

Nutrition

Eating healthy is like medicine—and you could use some of that medicine. Work more fruits, veggies and whole grains into your diet to refuel your body and brain. And pass on the fat, salt and sugar. It'll boost your energy and lower your risk for disease.

What's your next step?

Your report is only the beginning. Now it's time to explore a world of healthy activities, expert support and a little friendly competition that will keep you moving on a healthier path.

LET'S GO

About This Assessment