



Elect to Know More About *Your* Health

Everyone wants better health.

One benefit you have as a state employee is the ability to get a report about *your* current health risks, based on information you provide.

Completing your health risk assessment gives you a confidential and personalized pathway to improve your well-being and quality of life.

Use the reverse side of this page for information about how to access your own health risk assessment.

Want more information?

Visit Washington Wellness at <http://www.washingtonwellness.gov/>