

How healthy are you? Do you know your health risks?

Find out with our
Health Risk Assessment!



Complete the HRA by answering a series of questions about your medical history, your family's health history and your current lifestyle, and click submit.

- The questionnaire is completely confidential, and will take just 10 to 15 minutes of your time.
- Almost immediately, you'll receive a personalized online report detailing your health status and key health risks.
- While you're logged in, take a tour to discover the resources available within to help you improve your well-being, from an article/tips library to fun challenges and an online community.
- By completing the assessment, you're contributing valuable, anonymous information to help LifeWorks shape an effective and useful wellness strategy!

Something to consider:

Many chronic diseases, such as heart disease, diabetes and some cancers, are directly related to the choices we make in our daily lives.

Log in any time to login.lifeworks.com

User ID:

Password:

Call us, toll-free:

Get the "LifeWorks" app!

