



Group Benefits

Healthier living right at your fingertips

If you want to improve your overall health and well-being, but just don't know where to start — you are not alone. With so much information available, it can be difficult to know which sources are reliable and what information applies specifically to you and your health.

That's why Manulife has developed the **Health Risk Assessment** – an interactive survey designed to provide you with a customized picture of your overall health, including potential risks and tips for improvement.

Created in collaboration with a team of clinical health care professionals at MediResource, your Health Risk Assessment score is supported by proven evidence-based results and validated through documented research.

Completing the Health Risk Assessment is easy – in only 20 minutes you'll have a personalized health summary outlining how you measure up when it comes to 12 important risk factors.

The Risk Factors:

- Weight management
- Physical activity
- Doctor engagement
- Healthy eating
- Smoking habits
- Stress levels
- Alcohol consumption
- Sun exposure history
- Sleep health
- Social ties
- Medication management
- Workplace safety

Your results will show you which areas of your health require more attention and highlight the things you are already doing right. You can then easily access up-to-date health information and helpful tips on how to improve your high risk areas.

What's more – your Health Risk Assessment results will be saved, giving you the chance to revisit the information and create a personal action plan for better health and well-being.

Rest assured, all your results are completely confidential and data is only provided to the employer at an aggregate level and only after a minimum of 25 participants have completed the assessment.

You can access the Health Risk Assessment and the many other health tools and resources offered by Manulife by visiting www.myhealthforlife.ca. Register to access the site by entering your plan contract number, certificate number and selecting a password.

Take your first step towards better health and well-being – take the Health Risk Assessment today!

