

# Better health starts here

## Check in with yourself

How many hours do you sleep at night? When did you last go to the dentist? Taking a health assessment can tell you how you're doing — and what steps you can take to feel better. And it only takes a few minutes to complete.

## Taking a health assessment

- Can help you find ways to improve your health
- May help prevent health problems before they occur
- Provides helpful tips for living a healthier life
- Includes a detailed report on your health



Ready? To get started, just visit  
[MyActiveHealth.com/UnitedNations](https://MyActiveHealth.com/UnitedNations)



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