

## Personal Health Assessment

A health risk assessment is a great way for you to better understand your overall health status. It's quick and easy and geared to your health and lifestyle.

After answering all questions as honestly and completely as possible, your personal assessment report will be generated. You will be able to print or save this report to use in your health plan.

### Things you need to have ready before you begin:

Vita Measures:

- Height
- Weight
- Blood Pressure (Systolic/Diastolic)
- Total Cholesterol
- HDL Cholesterol
- Blood Sugar

You will need to establish a Username and Password (at least 6 characters for each).

**Take Assessment**

<https://www.traleexplorer.com/nb/>