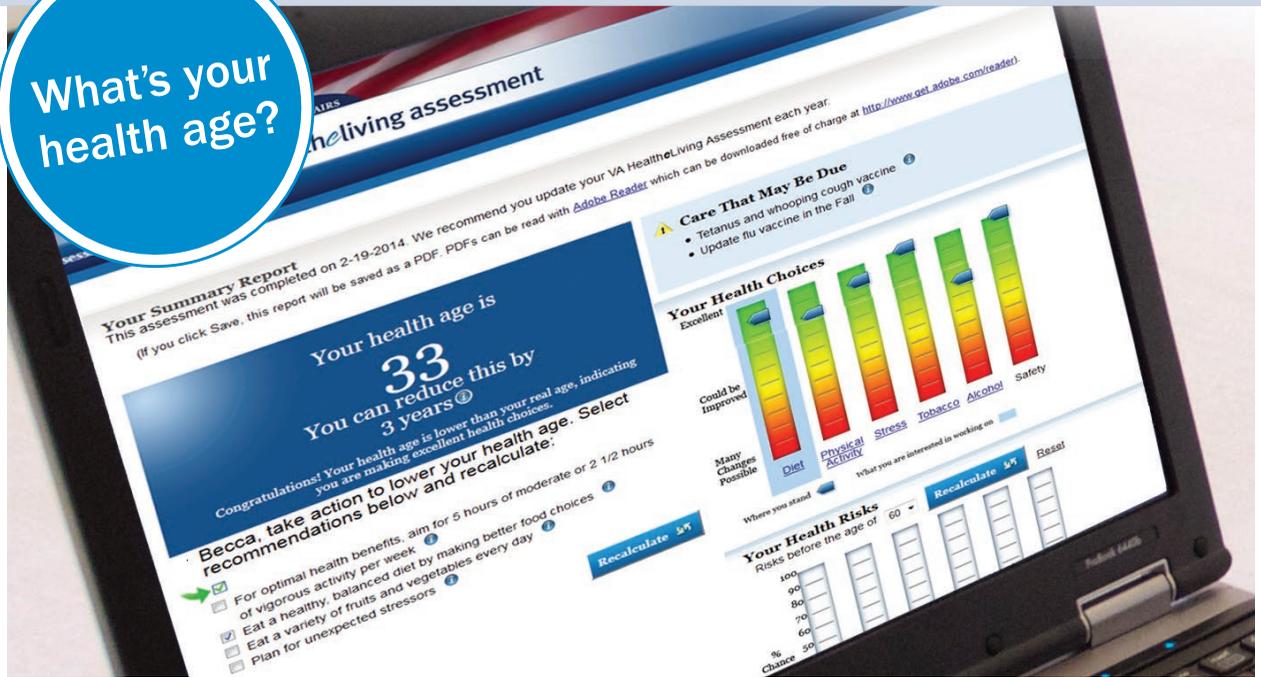




# healtheliving assessment

What's your health age?



## Take the healtheliving assessment to find out

The healtheliving assessment (HLA) is your first step to understanding—and improving—your health. Answer questions about your lifestyle and health history, and the HLA will provide:

- **Your health age**—an estimate of how healthy you are compared with others your age, based on factors like your weight, diet, exercise and health habits.
- **Personalized reports** on your current overall health status and disease risk.
- **Recommendations** on how to change health habits, reduce your health age and lower your disease risk.

HLA is VA's health risk assessment. Interactive graphic features show how making changes can improve your health age.

If your health age is **OLDER** than your real age, make some healthy changes. If your health age is **YOUNGER** than your real age, congratulations! You are already making healthy choices.

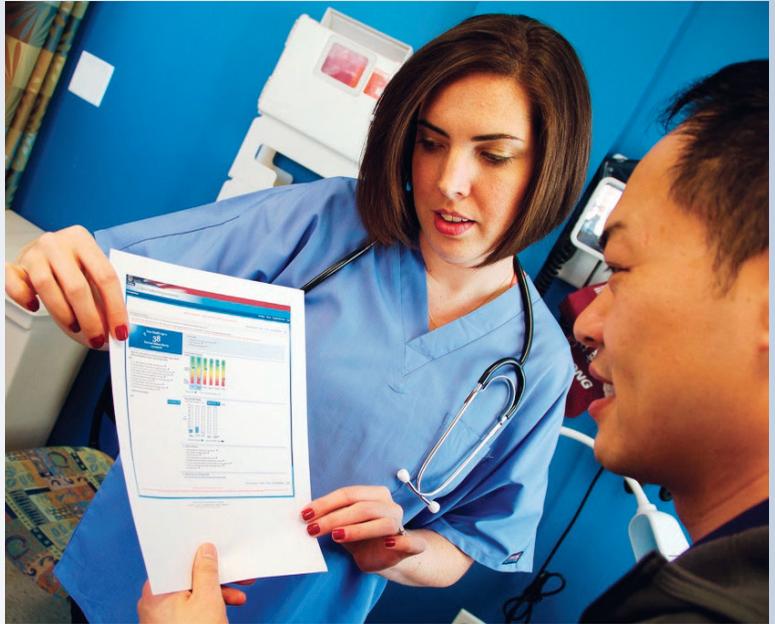
**It's confidential and takes only about 20 minutes to complete!**

Available 24/7 through My HealthVet at [www.myhealth.va.gov](http://www.myhealth.va.gov).

# Share your healtheliving assessment with your health care team

**M**ake it easier to reach your personal health goals! Bring your healtheliving assessment (HLA) to your next primary care visit. Discuss a personalized health plan with your provider or RN Care Manager. If you are a VA patient, share a copy of your report through \*Secure Messaging.

The HLA is confidential, safe and secure. No one has access to your answers and reports unless you decide to share them.



## How can the healtheliving assessment help you reach your goals?

With the HLA, you can:

- **Receive a personalized report.** Make recommended healthy changes to improve your health without traveling to a clinic or hospital.
- **Make a plan.** Share your assessment with your doctor or health care team and create goals to improve your health. Share your progress using secure messaging.
- **Explore and Learn.** Walk more? Eat better? The interactive feature shows how changing behaviors can improve your health age.

- **Get immediate feedback.** View the impact of healthy behavior changes on your disease risks in your report summary.
- **Make changes.** Modify your health habits to achieve your goals.

Health behaviors contribute 40 percent to premature death—more than any other factor. Those closely linked to Veteran health and well-being are tobacco use, unhealthy dietary behaviors and inactivity.

*\*Secure Messaging allows Veterans to communicate online with VA health care teams. Just upgrade your MyHealthVet account through in-person authentication at a VA facility Release of Information or My HealthVet office.*

[www.myhealth.va.gov](http://www.myhealth.va.gov)



## healtheliving assessment

### Complete your healtheliving assessment (HLA) today!

- It's quick, free and easy. No appointments, no waiting—complete it online in about 20 minutes.
- It's informative and personalized. Get specific recommendations on how to improve YOUR health.
- An instructional video is available online at the HLA website.

#### Just three easy steps

**1) Log on** to your My HealthVet account. If you are new to My HealthVet, first **register** for an online account at [www.myhealth.va.gov](http://www.myhealth.va.gov). You need not be a Veteran to take the healtheliving assessment.

**2) Select** the  healtheliving assessment link under **Service Alerts**, on the My HealthVet home page.

**3) Complete** the assessment. **View, Save, Print** your Summary or Full Report.

**4) Share results with your health care team.** Attach a copy and send using Secure Messaging.

**Questions** about My HealthVet? Contact the **Help Desk** toll free at **1-877-327-0022**, Monday–Friday, 8 a.m.–8 p.m. (EST) or call your local VA facility My HealthVet coordinator.

[www.myhealth.va.gov](http://www.myhealth.va.gov)



# healtheliving assessment

## What you should know ...

**S**ome healtheliving assessment (HLA) questions are already answered with information previously entered into My HealthVet. Or, it may be pulled from your VA medical record, such as a blood pressure reading.

**The HLA includes questions on topics that are specific for Veterans**, such as post-traumatic stress, traumatic brain injury, military sexual trauma, military exposures and depression.

**Save your assessment answers** if you don't have time to finish. Select the *Save & Exit* button to leave and come back later. You have 30 days to complete your HLA.

**HLA results are protected and completely confidential.** Only you will see your answers and your health report, unless you choose to share it. Your answers will NOT affect your VA health benefits or any other benefits.

**You do not need to be a VA patient to take the HLA.** Anyone may have a basic My HealthVet account and use it.

**Share your HLA results** at your next primary care visit. Create a personalized health plan with your care team. Send progress updates using My HealthVet's Secure Messaging.

Available 24/7 on My HealthVet at  
[www.myhealth.va.gov](http://www.myhealth.va.gov)