Your Total Health Assessment is Complete!


Now you'll have your overall health picture, including age, weight, diet, exercise habits, and other factors. Use it to decide how you'd like to start improving your health.

Let's Go

Print This Page
Click on the "profile" button in the drop-down menu under your name in the upper right-hand corner:

Health Profile
We look at your biological age, weight, and other key pieces of health data to figure out your health profile. We also factor in answers about your fitness, nutrition, stress, and preventive care.

Scroll down to the bottom of the page and click on the "Retake Survey" area: