Finding time for your well-being can be challenging. The Health Assessment makes it easy. Give it a try.

Start by completing the HealthPath® Health Assessment to learn more about your health habits.
Make the best choice by getting informed. Having the right information to make health-related decisions is important to your success. This is your opportunity to take charge of your health and choose a healthier, more informed you.

Complete the confidential HealthPath® Health Assessment (HA) by April 15, 2010, and earn a $100 gift certificate. Spouses and domestic partners will receive a $50 gift certificate for completing the HA.*

**To complete the online HA:**
Go to https://uclivingwell.online.staywell.com and simply follow the on-screen instructions.

**To complete a paper HA:**
Call the StayWell HelpLine at 1-800-721-2693 to request a paper HA.

*Employees and their spouses/domestic partners must be enrolled in an eligible medical plan by January 1, 2010 to be eligible for the incentive.*

https://uclivingwell.online.staywell.com