



Take some time  
for your health

# Don't hit the snooze button



Don't wait! Take a few minutes to complete your Health Check online assessment and find out if your daily habits are helping you maintain your long-term health.

## Not a member yet?

Sign in to your Select Health account. Find **Tasks** followed by **Health Check**. You will then see a registration page for Personify Health. After you have an account, download the Personify Health app for faster access. Sign in to the mobile app with your email address and password you created when you registered.

