



See your health age today!

To take the Health Assessment, log in to myModa, your personalized member website, at modahealth.com. Once you've signed in, simply click on "Health Assessment."



Take a Health Assessment

See your risk for various health conditions and get recommendations tailored to your personal health.

To customize this flyer, open the file and type desired text here. Then, save your custom version and print.

Instructions:

- Step 1: Fold in half.
- Step 2: Fold on dotted lines at each end.
- Step 3: Tape at bottom.