What is *your* health age?

You can determine your health age by taking a personal and confidential survey called a Health Assessment (HA), designed to assess your overall health. By taking the assessment, you will learn:

* Whether your health age equals your actual age
* If you are at risk for various health conditions
* Which of your habits are healthy
* What you could do to improve your health

The assessment will take 10-15 minutes to complete, which you may complete on work time if a computer is available.

To access the Health Assessment, you’ll need to log in to myModa, your personalized member website. Once you’ve signed in, simply click on “Momentum.”

If you don’t already have a myModa account, creating one is easy. Visit modahealth.com and click “Create an account” in the myModa login box. With your Moda member ID card handy, follow the instructions to complete your registration information.

Moda Health offers free one-on-one health coaching for members. Call 877 277 7281 or email careprograms@modahealth.com. (TTY users, dial 711.)