

# The first step toward a healthy you



You know you want to be healthy, feel good and have the energy to do all the things you love. With so much health information available these days, it can be difficult to know where to begin.

## Simply start by taking the My BluePrint Health Assessment.

Once you answer the online questionnaire, you'll gain:



A BETTER  
UNDERSTANDING  
OF YOUR HEALTH RIGHT  
NOW, INCLUDING  
A WELLNESS SCORE



INFORMATION ON  
HABITS THAT MIGHT  
BE PUTTING  
YOUR HEALTH AT RISK



ADVICE ON STEPS YOU  
CAN TAKE TO CHART  
YOUR JOURNEY  
TOWARD BETTER  
HEALTH

Whether you need to address stress, be more active, or talk to your doctor about health screenings, you'll get personalized tips you can use right away. That means no more sifting through websites trying to figure out what works best and where to start. And no more delaying the start of your health journey.

My BluePrint is a first step toward a healthy you. And it's easier than you think.

**Get My BluePrint™ Today at No Additional Cost!**

You'll find easy-to-follow instructions on the next page.



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