

MyHealthProfile

Improving Your Health Takes Baby Steps...

We know it's never easy to start an exercise program or a new diet. It's much easier when you take it one step at a time.

By now, you've received your MyHealthProfile introductory letter in the mail. You've had time to think about taking the survey and learning about your health risks.

Now is the time to start! 15 minutes is all you need to log on to the confidential MyHealthProfile website. Learn about your health and how to make positive lifestyle changes.

Misplaced your letter? Call (866) 577-7172 for your personalized log-in information.

Take the first step and complete MyHealthProfile today!



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