

Introducing Living Well with Long Island University's Health Risk Assessment



Health Risk Assessment

THE GOOD NEWS:

You can find out how to live healthier for the rest of your life.

THE BETTER NEWS:

It only takes 20 minutes

Taking a health risk assessment is a great way to learn more about your overall health and track your health over time. It will also help you understand what you can do to maintain and improve your health. It's quick and easy! This simple, confidential survey lets us learn about your health issues and concerns, so we can help point you toward developing or maintaining a healthy lifestyle.

Review the results with your doctor to:

- Get a snapshot of your overall health.
- Talk about preventable and common conditions that may affect you.
- Assess your contributing risk factors.
- Develop steps for improvement.

Get started today! For employees who are CIGNA members please refer to the "CIGNA Member Instructions ([attachment](#)).” For all other employees, please refer to the "All Other Employee" Instructions ([attachment](#)).

Your participation will satisfy the required "Health Risk Assessment" component of the Report Card Program.

If you have any questions, please call Chrissyann McGlynn at (516) 299-2546 or email chrissy.mcglynn@liu.edu