

# You may be younger than you think.

Are you 50, but feel more like 35? Find your overall health age by taking a Health Assessment. You'll learn your health age, whether you're at risk for various health conditions, which of your habits are healthy, and what you can do to improve your health.

## Easy access

To take 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](http://modahealth.com) and click "Create an account" in the myModa login box. With your Moda Health member ID card handy, follow the instructions to complete your registration.

moda



> What's your health age?