Make healthy choices.

Life is full of choices — important ones. Like how to manage your health.

Now you have the chance to make a simple, healthy choice — take the StayWell HealthPath® Health Assessment (HA). It’s free and confidential.

“\textit{I love the idea that the University of California is making a concerted effort to stay involved in the well-being of the staff and faculty. Keep it up!}” - UC participant

It’s about you.
To make good choices you need to be “in the know” about yourself, and about good health. If you're enrolled in any UC medical plan except Kaiser and not represented by a non-participating union, you can learn how by completing the Health Assessment (HA). Soon you’ll be on your way to a better you.

**Go online.**

Go to [https://uclivingwell.online.staywell.com](https://uclivingwell.online.staywell.com) and simply follow the on-screen instructions. When you’re finished, you’ll get instant results. A personalized action plan. And lots of valuable information — all about you.

**By mail.**

Ask for a printed HA by calling the StayWell HelpLine at 1-800-721-2693. Complete and return it to StayWell. Your personal results will arrive in your mailbox.

**También existen versiones en español disponibles.**

Regístrese en [https://uclivingwell.online.staywell.com](https://uclivingwell.online.staywell.com) para completar la evaluación de salud confidencial. También hay disponible una evaluación impresa en español. Si necesita asistencia en español, por favor llame a la línea de ayuda de StayWell al 1-800-721-2693.

[https://uclivingwell.online.staywell.com](https://uclivingwell.online.staywell.com)