

ASSESSMENT CHALLENGE

Temple College Wellness Initiative

Fast Facts

It is always a good idea to take a minute to assess your overall health whether you use a free online assessment or schedule an annual wellness exam with your health provider. These assessments can help guide you to make choices that promote better health and possibly catch health problems early. If you are thinking about making a change to improve your health and wellness, it is important to understand and set goals related to your health baseline. This is also the perfect time to establish your “why” to help you keep going on those days when things get tough.



*Health is a state of body
Wellness is a state of being.*

- J. Stanford

Your Weekly Challenge:

This week's challenge is to establish your baselines. Take the time to **know where you are** so you can decide where you want to go!

- Take an online assessment (2 options provided in Resources).
- Set some goals for the next 8 weeks to become a healthier you – in all areas of your life!
- Schedule those appointments for a check-up, dental cleaning, or that exam you've been putting off.

Linked Resources:

- [Know Your Age](#)- Free health assessment and age comparison
- [BCBS Health Assessment Tutorial Video](#)-for Health Select and Consumer Directed Health Select members.
- [Always On](#) – Free app available to sync data with BCBS Well OnTarget portal and Blue Points.