



Take a big step toward a healthier you

Complete your Health Risk Assessment today

The Health Risk Assessment on CaféWell is a quick and easy review that leads you through a series of questions pertaining to everyday health habits and behaviors. In about 10 minutes, you'll get an assessment of your physical and mental health, plus your risk level for certain diseases. Upon completion, you will receive a personal report that outlines results and provides recommendations for ways to maintain or improve your health.



How?

Head to PacificSource.com and click **Log in**. From there, you'll see the **Members** link to access or create your account on the InTouch member portal. Once you're logged in, click **Benefits** and then **Wellness-CaféWell**. Access the Health Risk Assessment from the rotating banner on the CaféWell home page or from the Menu tab.



When?

The Health Risk Assessment campaign runs from



Questions?

For questions, contact:

