



## Get to know your health with *Health Insights*

Get to know your own personal *Health Insights* by completing a series of questions, otherwise known as a Health Risk Assessment (HRA), for a quick overview or a deep dive into your physical, mental, financial, lifestyle, social, and environmental health.

Once complete, review your personalized report which includes tips, resources, and recommended steps for improving your health and building lasting habits.

*Health Insights* is a feature of the new Health & Wellness Centre\*.

\*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.