

Taking the health assessment

After completing the health assessment:

- You will receive an interactive detailed report that rates health risks (low risk, moderate risk, or high risk) and an overall wellness score
- Click on **Take Action Now** in the report to get a list of recommended tools and resources (including workshops) based on identified risks

The screenshot displays the ahealthyme Health Assessment Report. At the top, the 'Wellness Score' is 91, categorized as 'Low Risk'. Below this, a bar chart shows various risk levels. The 'MY EXERCISE RISK' section indicates a 'High' risk level. A 'Take Action Now' button is prominently displayed. A pop-up window titled 'Take Action Now' provides a list of recommended workshops, including 'Exercise Workshop' and 'My Workshops' such as 'Financial Wellness', 'Nutrition Workshop', and 'Exercise Workshop'.