



**Better health
starts here**

Check In With Yourself

How many hours do you sleep at night? When did you last go to the dentist? Taking a health assessment can tell you how you're doing and what steps you can take to feel better. And it only takes a few minutes to complete.

A Picture of Your Health

Answering a few questions about your health and everyday habits gives you an instant report on what you're doing well and any areas for improvement.

- Find ways to improve your health
- Help prevent health problems before they occur
- Get helpful tips for living a healthier life

Need a little extra motivation?



If you complete your health assessment, you will be entered for a chance to win a \$250 Amazon gift card.* We're all about motivation!

Ready to take your health assessment? Log on to myTrustmarkBenefits.com and click the myHealthCenter tab.

*For full contest details, visit myHealthCenter at myTrustmarkBenefits.com

Self-funded plans are administered
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