

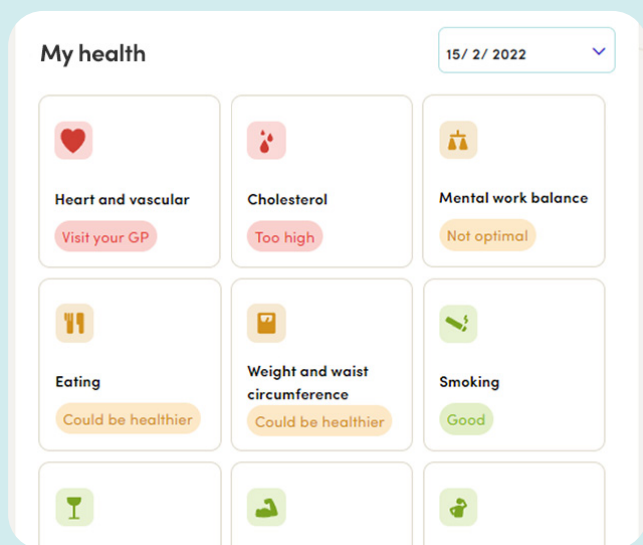


Insight into your health

We're delighted that you've decided to check your health!

Once you have completed the check, you can see at a glance how healthy you are, what risks you may be running and where you can improve. You will receive practical and personalized tips that you can put to work immediately, in a way that suits you.

Wondering what that looks like? We explain it briefly below.

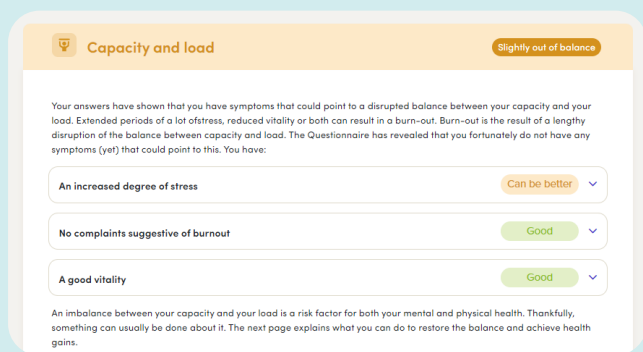


Overview

Overview In your personal health environment you see an overview of your health and lifestyle.*

Colors show how you are doing in each section: **Green** means: you are doing well, continue as you are doing. **Orange** or **red** means: you can improve.

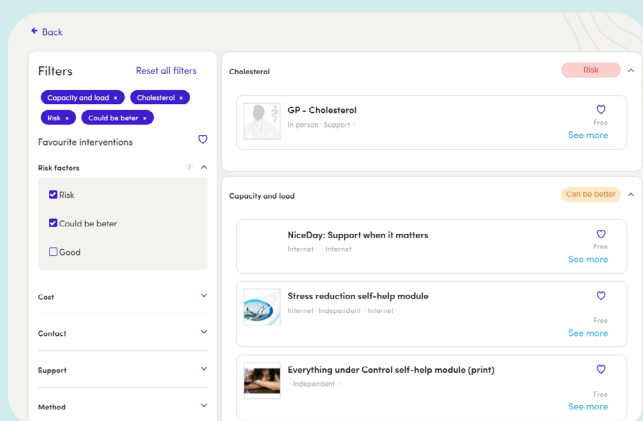
*The content of your overview depends on the modules you are offered.



Results per category

Want to know more about a particular section? Then click on the block. There you will read why it is orange or red, and what you can do to improve it.

All information is based on the latest scientific insights about disease processes and health.



Improve your health!

Based on your results, you will receive personal and motivating advice. The tips correspond to your answers in the questionnaire and thus fit your situation and preferences. You can get started right away: independently, or with help from us, your employer or insurer. You choose where to start.