

Health Connected

Take charge of your health



Health risk assessment

Are your eating, sleeping or drinking habits putting you at risk? Do you know how your physical activities and lifestyle affect your health? Find out by taking the health risk assessment (HRA).

You can:

- Learn about your health risks
- Build action plans to address your health risks

This assessment gives you a detailed understanding of the health issues that could be putting you at risk.

Ready to get started?

Before taking the assessment, you'll need to do a few things to prepare:

- Know your height, weight, and waist measurements.
- Allow about 20 minutes to fill out the HRA. If you can't complete it all at once, your results are saved for 14 days and you can pick up where you left off.

Check your health skills

The health skills profile assessment measures the seven key health skills that very healthy people have mastered. This assessment shows your standing regarding these skills.

Completing the HRA is the first step to help you learn about your health.
Get started on improving your health and wellness today!

Your information is protected and as always, kept confidential. Your personal responses are not made available to Canada Life or your plan sponsor. Once a minimum number of assessments are completed, anonymized and aggregated responses may be used at a group level for reporting purposes, to help us and your plan sponsor better understand the health of your organization or to implement health and wellness programs.

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