


Health Assessment Q

Are you curious about how your health rates? Would you like to know what your health age really is? Why not take a moment to complete a quick health assessment questionnaire (provided by BUPA Australia), and discover how well you are doing and what steps you could take to improve your healthy lifestyle.

<http://www.bupa.com.au/health-and-wellness/tools-and-apps/online-health-assessment/online-health-assessments>

Tip: Click on the  button besides the recommendations to read more on what you could do to improve your results.

Your results and details of the assessment will not be recorded unless you have chosen to complete the assessment as a BUPA member or have registered online for additional information, in which case confidentiality will be in accordance to BUPA's Privacy Policy. The findings and recommendations provide a general indication only of your health. Further information on your health should be sought from your General Practitioner.