

What Health Score Does Your Lifestyle Get?

Have you thought about how your lifestyle contributes to your health and wellbeing? Take this test to find out.

1. How often do you experience stress?

- a. Stress isn't something I struggle with regularly.
- b. Now and then it's a problem for me, and I sometimes struggle to function due to stress.
- c. Very often I have difficulty functioning due to stress, and my day-to-day routine suffers as a result.

2. How often do you experience problems with sleep, breathing or allergies?

- a. Rarely
- b. From time to time
- c. Often

3. Do you struggle to manage your weight?

- a. No, not really
- b. To a degree
- c. Yes





4. How often do you exercise?

- a. 4-5 times a week
- b. 1-2 times a week
- c. Less than once a week

5. How often do you get your blood pressure, cholesterol and heart rate checked?

- a. Every couple of months
- b. Every few years
- c. I can't remember

6. How often do you eat well-balanced meals?

- a. Almost every day
- b. Every few weeks
- c. Not often

The state of your general health and wellbeing

If you scored mostly **A**:

Congratulations! It seems you enjoy good general health. Keep it up by exercising regularly, following a healthy diet, managing your stress and getting enough sleep. Get out into nature, and avoid smoking and too much alcohol.

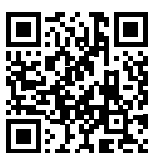
If you scored mostly **B**:

Your general health can use a little work. Investigate ways to improve your wellbeing. Make an appointment with your healthcare provider to discuss any concerns.

If you scored mostly **C**:

You're probably already aware that things aren't as they should be. The sooner you speak to a health-care specialist about taking better care of yourself, the better.

Disclaimer: This quiz is not a diagnosis. It's merely a guideline to some of the key values that keep general health on track. Don't be afraid to reach out for support.



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