



LIFE IS A Roller coaster

Just like the ups and downs of your life,

your health experiences changes over time. That's why it's so important to check in on your well-being with the **HealthQuotient (HQ)**, available at www.livingwell.utsystem.edu.

With the HQ, you can:

- > Track important health data and understand how lifestyle choices can directly affect your wellness.
- > Enjoy peace of mind when your health is at its best.
- > Receive a positive reminder to get back on track when you hit bumps in the road.

And, now that you have 100% coverage for preventive screenings received in your UT SELECT Medical Plan, it's easy to stay current with your health numbers so that you can update the HQ each year.

Complete or re-take your confidential HQ today. Then enjoy the ride to good health.

www.livingwell.utsystem.edu