



Before me, Jason's  
exercise was using  
the television remote.

Plan on feeling  
better about  
your health.

## Complete your health assessment today.

Take 15 minutes today to complete the online health assessment. It's easy and confidential. Just answer questions about your health history, nutrition, physical activity and more.

### What's in it for you?

Immediate results tailored just for you — and lots of ideas for taking good care of yourself.

### Don't miss out

Click on the "Plan Details" tab in the member service center at **[www.ccstpa.com](http://www.ccstpa.com)** and complete your assessment today.

### And there's more

You'll get connected to a world of personal resources for more energy and a better outlook on a healthier you!

Questions? E-mail [customsolutions@webmd.net](mailto:customsolutions@webmd.net).



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