



# Your HEALTHY LIFESTYLE CHECK

Want to find out how healthy you are?  
Assess your risk of type 2 diabetes, heart disease and mental ill-health.

## Take your free online Healthy Lifestyle Check

- Part of *Get Healthy at Work*, a free NSW Government workplace health program
- No needles! Just some quick questions and a waist measurement (no blood or urine samples taken)
- You'll get immediate feedback and advice
- Your results remain confidential
- If more than 20 workers take part, an anonymous summary will be shared with our workplace with ideas to help us improve our workplace health, **so get involved.**  
**Health is important to everyone.**