



The LifeWorks Total Wellbeing Assessment

Discover how one simple score can help transform your total wellbeing

Getting a picture of your overall health can feel complicated. With many different factors to consider, it can seem overwhelming. It doesn't have to be. We created the easy-to-use **Total Wellbeing Assessment** to help you understand your strengths and improvement opportunities in all 4 pillars of total wellbeing.

What are the 4 pillars of total wellbeing?

Total wellbeing is so much more than your physical health. The 4 pillars are:



Mental



Physical



Social



Financial

You'll discover how each of these pillars intersects, and how each is vital to your overall health.

How to get started

Simply access LifeWorks on the web platform or app using your VSB login credentials, then select "Wellbeing," click on "Assessments," and follow the steps. It's as simple as that!

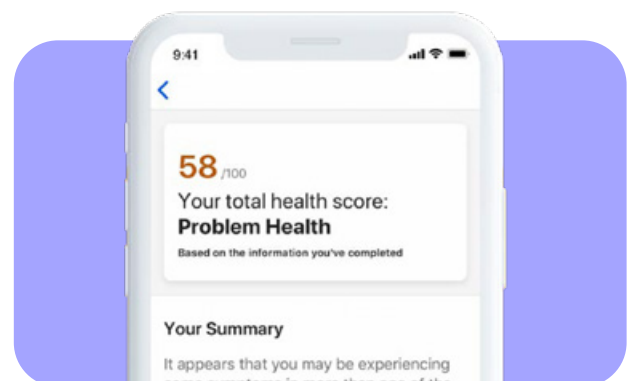


How is the total health score calculated?

The total health score is calculated after you complete 4 short questionnaires. Each questionnaire corresponds to one of the 4 pillars of total wellbeing and takes less than 5 minutes to complete.

After completing the questionnaires, you are given a total health score between 0 and 100. The higher the score, the more optimal your current health.

Under each pillar, the Total Wellbeing Assessment provides recommendations for improvement, and encourages you to keep up the good work with things you are already doing right.



The Total Well-Being Assessment Campaign is running from October 1 - October 31, 2022
Want more information? Explore the assessments, and complete your confidential assessment at the October 21 Employee Health Fair!