**What should you change, right now?**

Living a healthy life means getting active, eating well, doing regular health checks and prioritising your mental health. While this list might sound like a lot, the Vitality programme has been designed with these pillars of health and wellbeing in mind.

And, we’re here to help you identify what you need to focus on

– and where to start.

To help you with your next best health action, Vitality has introduced a personalised Health Priority: the most important health risk for you to improve to add healthy years to your life.

**How it works is simple:**

1. Complete your health assessment in the Vitality app.
2. Our health risk calculator will then work out what lifestyle risk factors are most relevant for you to improve.
3. You’ll receive a recommendation in your Health tab for one priority to focus on.
4. Next, we’ll point you in the right direction to get tips and tools to improve this.

All health risks are important to address, and you should aim to improve any health results that are out of range but we know that this can be overwhelming and make it hard to get started.

That’s why your Health Priority is so important. It’s one area to focus on that, when improved, will have the greatest impact on your *healthspan* (the number of years you’ll live in good health as you get older).

To find out your Health Priority, complete a quick health assessment.