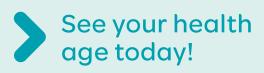# You may be younger than you think.

Complete your Health Assessment (HA) to see if your health age is lower than your actual age, and get a personalized report.

To take the HA, log in to myModa, your personalized member website, at modahealth.com. Once you've signed in, simply click on "Momentum."

> **See your health age today!**