



# LOG ON!

and learn how Mayo Clinic EmbodyHealth can help you



**Eat healthier, lose weight or exercise more**

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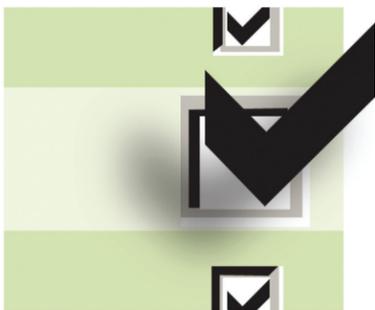
**Manage chronic conditions**

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**Answer health questions and make treatment decisions**

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**Discover your health strengths and risks**

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MAYO CLINIC | **EmbodyHealth**  
Your Personal Health Management Portal

**[www.nasahealthieryou.com](http://www.nasahealthieryou.com)**

**Mayo Clinic EmbodyHealth and Health Assessment Returns in 2009**

Complete the Health Assessment each year to identify health risks and strengths. Be one of the first 1,000 to complete the Assessment and receive an incentive. Visit Mayo Clinic EmbodyHealth regularly for tools to help you manage your health. Sponsored by NASA's Office of the Chief Health and Medical Officer.

**[www.ohp.nasa.gov](http://www.ohp.nasa.gov)**

