My HEALTH SPACE

GU Health's *My Health Space* is an online hub designed to help you live well. So jump on and start using the tools, tips and information resources to learn more about your personal health and wellbeing.

Take the health risk assessment (HRA) quiz

Diabetes, high cholesterol and heart disease are just some of the conditions that can creep up on you when you're going about your life. Quick and easy to use, and with anonymity and security functions, the *My Health Space* HRA questionnaire measures your risk of developing some of the illnesses you may be susceptible to as a result of your genetic and lifestyle factors.

Based on medical science, the personalised report you get about your health status when you complete the quiz can be a powerful awareness-raising tool.

You'll also receive specific and practical recommendations about the changes you can make that could have a major impact on your health. As they say, prevention is better than cure!

Consume your *HealthBytes*

Sure, we all want information on how to stay well and healthy but there's just so much out there and not enough time to sift through it all. Well, when you sign up to *My Health Space* you get *HealthBytes*. *HealthBytes* is an easy-to-read personalised health and wellbeing e-mail delivered to your inbox each fortnight.

It covers key lifestyle topics, as well as information on many common medical conditions. The practical information helps you to stay informed when it comes to your health, so you're more engaged with your own overall wellbeing.

Be the boss of your own health

So you've heard that you might be susceptible to a few things, or your partner has just been diagnosed. *My Health Space* gives you access to a range of comprehensive health and wellbeing resources that'll enable you to learn more about the condition you're dealing with.

As well as fresh, accurate and regularly-updated content, the tools, calculators, quizzes, graphs and recommendations are a great way to find the guidance you need to stay in charge of your health.

Get smart online

Delve into the interactive learning experiences on *My Health Space*, designed to encourage you to manage your condition or assist you in making positive changes. What more could you want? You get to learn all you need to know in the comfort of your own space, giving you more time to get outside, exercise and do the things you love!

Get onto *My Health Space* today by going to **guhealth.com.au** and logging into Online Member Services.

Please make sure you read the *Your Membership Guidelines* booklet in conjunction with *Your Cover at a Glance* and *Your Plan Information*, which you would have received in your *GU Health Welcome Pack*.

For further information about your GU Health cover or any queries relating to this document, please contact your GU Health Member Relations Team on **1800 249 966** or email **corporate@guhealth.com.au**.

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If you're planning a treatment for which you anticipate a benefit from GU Health, contact us in advance to confirm your benefit entitlement.

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