

See your health age today!

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







Take a Health Assessment

See your risk for various health conditions and get recommendations tailored to your personal health.

Instructions:

Step 1: Fold in half.

Step 2: Fold on dotted lines at each end.

Step 3: Tape at bottom.