



**HEALTH  
SMARTS**

Learn. Understand. Take action.

Health Smarts is for  
PPO plan participants.

# MAKE THE GRADE WITH GOOD HEALTH

Take the health and  
wellness assessment

**What you discover will  
improve your health—  
or even save your life**

**70% of disease is preventable!**

Take the health and wellness  
assessment to discover what  
you can do to live a healthier,  
longer life.

To get started, go to  
<http://sisc.kern.org/>

Your health is your most  
important asset.

Treat it well so you can have  
it for life.

