

DO YOU KNOW YOUR HQ?



JUST AS YOUR IQ MEASURES YOUR INTELLIGENCE,
your HQ — or health quotient — measures your health status.

Your HQ is based on your responses to questions about your lifestyle, personal medical history and family medical history. Your score reveals your potential risks for heart disease, cancer and other illnesses, as compared to the general population.

To learn your HQ, go to **www.netbenefits.com** (spouses, domestic partners and other dependents, log on to **<http://hmc.netbenefits.com/ICI>**). You also can go to **www.myiciserv.com** and click on the blue “Do You Know Your HQ” box at the bottom of your screen. If you do not have internet access and need a paper health risk assessment, please call 1-800-971-6832.

EARN UP TO
\$100

When you complete the new WebMD™ health risk assessment by November 30, you will receive \$50 in your Personal Health Account to use toward your health care expenses. If your spouse or domestic partner does the same, an additional \$50 will be deposited in your account.



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