

Your Hair Wellness Score™

Here's your Hair Wellness Results™ to save for future reference.

HAIR WELLNESS RESULTS™

Your score is a snapshot of how your current habits and awareness are supporting hair wellness today. Find your score range below to learn more about your results and identify one area you may want to strengthen over the next 30 days.

30–36 | THRIVING

You have a strong foundation for supporting healthy hair and scalp wellness.

Your answers suggest that you are paying attention to many of the everyday factors that may influence hair health, including scalp care, nutrition, hydration, stress, recovery, styling habits, and changes over time. You already have many supportive habits in place.

Try This: Look at the questions where you scored a little lower and choose one area to strengthen this month. It might be improving hydration, being gentler with styling, supporting better sleep, managing stress, or simply paying closer attention to changes in your hair and scalp. Keep building on what already works while staying aware of changes over time.

23–29 | BUILDING STRONG HABITS

You're doing many things well—and you have some great opportunities to build on them.

Your answers suggest that several supportive hair-wellness habits are already part of your routine, even if they are not always consistent. A few small improvements may help strengthen your overall approach to caring for your hair and scalp.

Try This: Choose one area where your answers were less consistent and focus on it for the next month. Gentle hair care, balanced nutrition, better hydration, improved recovery, or reducing unnecessary heat and tension are all practical places to begin. Small habits can become powerful when they are repeated.

15–22 | GROWING YOUR HABITS

You have a foundation to build on—and several opportunities to strengthen your hair-wellness routine.

Your score highlights areas where greater awareness or more consistent habits may be helpful. The goal is not to change everything at once. Hair wellness is influenced by many factors, and even one or two realistic changes can be a meaningful place to start.

Try This: Pick one habit that feels easy to repeat consistently this month. You might focus on drinking more water, improving sleep, using gentler styling techniques, reducing heat, supporting better nutrition, or becoming more aware of changes in your hair or scalp. Once that habit feels natural, consider building on it.

0-14 | A GREAT PLACE TO START

Your score is a starting point—not a judgment.

Your answers have helped identify several areas where greater awareness and a few supportive habits may help strengthen your overall hair-wellness routine. You do not need to overhaul everything at once. Understanding the factors that may influence hair health is an important first step.

Try This: Choose one simple action this week. Be gentler when styling your hair, drink more water, improve one meal, reduce heat exposure, prioritize sleep, or spend a little more time noticing changes in your scalp or hair. Start small, make it repeatable, and build from there.

TAKE IT AGAIN IN 30 DAYS

Hair wellness is influenced by everyday habits over time. Come back in 30 days, take the Hair Wellness Assessment™ again, and compare your new Hair Wellness Score™ with the score you received today.

KEEP EXPLORING

Visit the [DHmeds HAIR Learning Center™](https://dhmeds.com/hair-learning-center) (dhmeds.com/hair-learning-center) for Hair Wellness resources, new assessments, Featured Articles™, Dr. Hirsch Explains™, Hair Hacks™, FAQs, infographics, weekly recaps, and more.

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