

How's Your Battery?

Find out.
Get your Total Health score today.

Complete the online health assessment at:
fraserhealth.ca/YourHealthMatters

[Learn about your health.](#)

The Total Health Index (THI) is a confidential health assessment administered by Morneau Shepell, Fraser Health's Employee Assistance Program (EAP) provider.

By participating in the THI, you will gain a better understanding of your total health and receive a personal report including recommendations to help you manage your health moving forward.

Fraser Health will not have access to individual answers or results. Aggregate results will be provided to Fraser Health to help us understand the areas we need to focus on to improve your experience and well-being at work.

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