



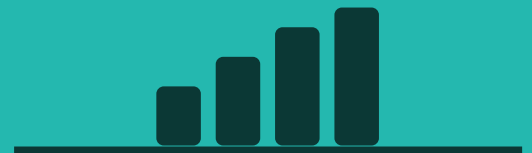
Knowing Your Numbers

We can all act to Reclaim our Health by making small positive changes in our life. Where should you start and how do you continue? Start by **'Knowing Your Numbers'**

Have you ever heard of **Life's Essential 8**?

Life's Essential 8 was developed by the American Heart Association (AHA), where they determined the eight most important predictors of heart health and also a pathway for achieving better health in these areas. These measurements include four modifiable behaviors, as well as four biometric measurements.

[LEARN MORE HERE](#)



Do You Know Your Numbers?

In addition to joining your colleagues on the [Highway to Health](#), ensure to also check out other resources available to you, which can aid you in identifying your numbers and risks and from there creating a plan and journey to address these risks!

Dow employees can utilize [Dow's Wellbeing Portal](#) to complete a **Health Check** and from there receive a summary of their health, with focus on key areas, and by unlocking ways to improve their health! Within the portal you will find *'Journey's'* available to support targeted health risk improvements (i.e., nutrition, stress reduction, blood pressure and more).

[CLICK FOR MORE INFORMATION](#)

Check out your country's [Employee Assistance Program \(EAP\)](#), which is not only for counselling, but also provides a multitude of resources for you to better your health and wellbeing!

Work with your personal health care provider, and consider taking a credible Health Risk Assessment to assess your personal risks: [My Life Check](#)