

# WholeLife Scale

How balanced is your life?

*Available @ai*

WholeLife Scale is a confidential survey that helps you find new ways to improve the way you feel and supports your efforts in leading a healthier lifestyle.

This is a completely new tool; it does not focus exclusively on physical or mental health, but helps you assess all aspects of your life.

Topic areas include:

- Stress
- Sleep
- Mood
- Alcohol
- Work Engagement
- Relationships



Participate in a 8-12 minute survey to receive immediate feedback and helpful resources.

**All HEM Participants can use this activity as 4AF: as their 2016 HEM Health Actions**

*Register and log in now <https://bhra.personaladvantage.com/>*