

KEEPMEWELL.ORG

Your personal
health check.

It's easy, it's
private, and
it's free.

Do you want to improve your health
and stay well?

Are you looking to better care for
your health?

keepmewell.org is where to start!



Maine Center for Disease Control and Prevention

KEEPMEWELL!

KeepMEWell is an online health check that can help you take action for better health. You can complete the **KeepMEWell** health check in about 10 minutes and you will get two reports. The first is an overview of your results that will show you where to focus your efforts to help improve your health. The second is a personal health report which will give you feedback based on your answers to the health questions, and link you to health information and local health services and support.

Go to the **KeepMEWell** website **www.keepmewell.org** and check on your health. It's easy, private, and free!

