



What's your risk?

Learn more about your risk for heart disease, certain cancers and depression with the free **MediKeeper** app.

MESSA has partnered with MediKeeper to give our members a helpful tool for assessing their health and identifying risks for certain cancers, diabetes, heart disease, osteoporosis, depression and other illnesses.

Users fill out a detailed questionnaire, which is used to generate a personal health profile, including their lifetime risk for up to 16 major diseases and conditions.

MediKeeper also gives users individual feedback, suggestions to lower their risks and a personal wellness plan. Users can share the reports with their doctor to address any concerns. To protect your privacy, your personal data is *not* accessible by MESSA, your employer or any other third party.

The MediKeeper health risk assessment is accessible on a smartphone, tablet or computer. To access the tool, members should log into their online MyMESSA account at messa.org.