

RESOURCE 2

UNDERSTANDING THE REVERSE IT™ HEALTH ASSESSMENT

Your Starting Point for Lasting Health

● REBALANCE RESOURCE ●

Why Complete the Reverse It™ Health Assessment?

You cannot measure progress unless you know where you are starting.

The **Reverse It™ Health Assessment™** is your personal health snapshot. It helps you identify strengths, recognize opportunities for improvement, and establish a baseline before beginning your healing journey.

This assessment is not designed to diagnose disease or replace medical care. Instead, it helps you better understand the lifestyle habits, symptoms, and health patterns that influence your overall well-being.

What Does the Assessment Measure?

The Reverse It™ Health Assessment looks at ten key areas that influence inflammation and long-term health.

- ✓ Symptoms — How are you feeling today?
- ✓ Nutrition — Are your daily food choices supporting healing?
- ✓ Physical Activity — Are you moving your body consistently?
- ✓ Sleep — Are you getting the restorative sleep your body needs?
- ✓ Stress Management — How well are you managing life's challenges?
- ✓ Gut Health — Is your digestive system functioning well?
- ✓ Environmental Health — Could your home, workplace, or daily exposures be affecting your health?
- ✓ Metabolic Health — How well is your body regulating blood sugar and energy?
- ✓ Mindset & Readiness — Are you prepared to make sustainable lifestyle changes?
- ✓ Healthy Habits — Are your daily routines helping you move toward better health?

Your Reverse It™ Health Score

After completing the assessment, you will receive a Reverse It™ Health Score™ ranging from 0 to 100.

Your score is not a grade.
It is simply your starting point.

As your lifestyle improves, your score should improve as well.
The goal is progress—not perfection.

Why Repeat the Assessment?

Health is constantly changing.

Repeating the assessment every 90 days allows you to:

- Measure your progress.
- Celebrate improvements.
- Identify new areas of focus.
- Stay motivated throughout your health journey.

Small, consistent improvements over time often lead to meaningful changes in health and quality of life.

Your Next Step

After completing your Reverse It™ Health Assessment:

1. Record your Reverse It™ Health Score™ on your My Reverse It™ Health Dashboard.
2. Review your lowest-scoring categories.
3. Choose one or two areas to focus on during the next 90 days.
4. Repeat the assessment at the end of the next quarter to measure your progress.

Dr. Helen's Clinical Pearl

Many people focus only on the number on the scale. I encourage my patients to look at the bigger picture. Better sleep, more energy, improved digestion, lower stress, healthier food choices, and reduced inflammation are all signs that your body is moving in the right direction. Lasting health is measured by much more than weight alone.

Remember

The Reverse It™ Health Assessment is not about perfection.

It is about creating awareness, measuring progress, and helping you make informed decisions that support lifelong health.

Health is the New Currency—Spend It Wisely.™