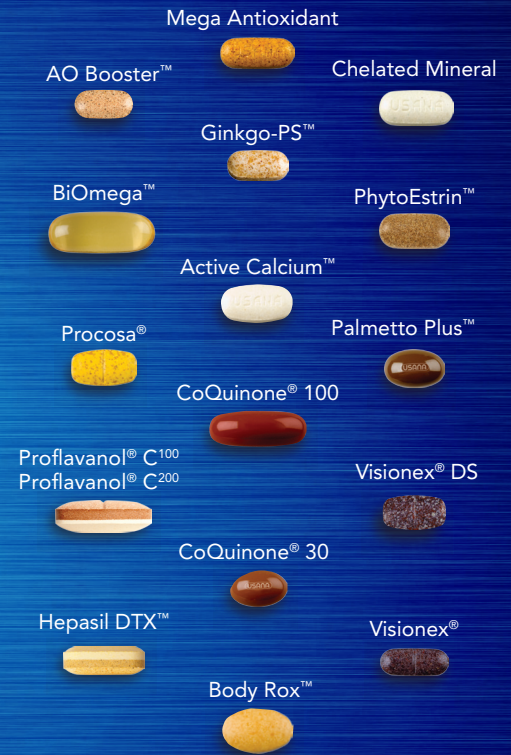


# NUTRITION YOUR WAY

MyHealthPak™ customized supplement packs are a simple way to get the nutrition you need.



## STEP 1

USE THE TRUE HEALTH ASSESSMENT AT  
[WWW.TRUEHEALTHASSESSMENT.COM](http://WWW.TRUEHEALTHASSESSMENT.COM)

In addition to giving you personalized advice for improving your overall health, USANA's True Health Assessment will recommend supplements that are right for you.

## STEP 2

PERSONALIZE YOUR PACK  
[WWW.USANAMHP.COM](http://WWW.USANAMHP.COM)

Customize your MyHealthPak according to your individual needs by using the interactive online pack builder. After choosing the supplements you would like, further personalize your pack by adding your name and a special message on your packets.

## STEP 3

PUT YOUR PACK ON AUTOSHIP

Never miss another day of exceptional nutrition. Autoship delivers MyHealthPak directly to your doorstep with a 10 percent discount off the wholesale price.



your health. your life. your way.™