



# We invite you to check-in with your Mental Fitness!

*Open to anyone, anywhere.*



## *What is the Mental Fitness Index?*

A 20- to 25-minute assessment developed by Howatt HR to explore the employee experience in the workplace and the current perception on the degree to which individuals are thriving.



**Why participate?** An individualized report will be automatically generated once you complete the survey. You can use what you learn for personal health planning purposes or may choose to discuss your results with a trusted peer, family member, manager, or your team of healthcare professionals.



**How do I access the survey?**

[Click here!](#)



**What questions will be asked?** This free-access\* MFI assessment will ask questions that pertain to your health, productivity and workplace experience. It is **not a clinical measure or diagnostic tool** but an educational tool.



**Where is my information collected?** The data will be collected by Howatt HR, so your responses will remain confidential, anonymous, and secure. Aggregate data will be collected for a research study that will be published along with research partners Workplace Safety & Prevention Services and the Conference Board of Canada.

Contact [info@howatthr.com](mailto:info@howatthr.com) to find out more

*\*HHR conducts MFIs with organizations looking to learn more about their culture. This free-access version allows for broader community access without the customization that our paid option allows for.*