

What is Couple Checkup?

The Couple Checkup is designed to help you and your partner build a more satisfying and intimate relationship. Just answering the questions will stimulate thoughts and attitudes about your relationship. It is designed to activate dialogue, discovery, and increase the overall quality of your relationship. For more information about the Couple Checkup, visit www.couplecheckup.org.

How do I take the assessment through Catalyst for FREE?

Catalyst (a network of churches from across Lake County, IL) is partnering with Life Innovations to offer a FREE online assessment (valued at \$29.95) to every couple in Lake County-- no strings attached! Here's how to get started:

1) Go to www.youmeus.org and register in order to receive the FREE voucher code. *(The information you enter here is used only to provide you the promotional code, and to send a follow up email informing you of local relationship building opportunities in your area.)*



[Flip here](#) ▶

2) Once you register and receive the voucher code, the www.youmeus.org site will redirect you to a screen that allows you to begin taking the assessment. **Only one of you can take the assessment at a time.** Select the assessment that fits you (Dating, Engaged, Married), and follow the instructions onscreen.

3) After one of you completes the assessment, you will be given an account number. This is the same account number your partner will use when he/she signs on to complete their portion of the assessment. **** PLEASE DO NOT CREATE ANOTHER ACCOUNT **** Use the same account number your partner established and follow the link sent to your email address or login at the bottom right corner of the 'Couple Checkup' homepage (www.couplecheckup.org).

4) Once both assessments are complete, you can view the results online and/or print them off. Please remember to request a pdf copy of the "Discussion Guide" – there are some wonderful conversation starters there that will help you unpack your results.

When will the assessment be available?

The Couple Checkup Assessment is available for FREE from **February 1-28, 2010.**

How do I receive my assessment results?

You can view and print your results immediately after both you and your spouse take the assessment. Your results will also be emailed to you at that time.

How can I get the best results from my test results?

Various churches in Lake County will be offering follow up marriage builder opportunities. The Village Church of Lincolnshire will be hosting a FREE "Couple Check In" on Saturday, March 13, from 9:30 a.m.-12:00 p.m. The event will be led by staff from White Stone Counseling Resources (www.whitestonereresources.com). For more information or to RSVP, please call the church at (847) 295-7707, email Pastor Jared Smith at pastorjared@evcl.org, or visit our church website at evcl.org.