

Health Risk Assessment (HRA) Instructions
Season 11/1/2019-1/31/2020

The Health Risk Assessment (HRA) consists of **two parts**: a health assessment (consisting of lab work, blood pressure, weight, height) completed by Employee Health **AND** an **on-line questionnaire in MyChart**. To avoid high health insurance deductions, both parts must be completed no later than 1/31/2020.

Steps to Complete your 2019-2020 Health Risk Assessment (HRA) and Questionnaire:

1. Confirm your MyChart is Active by going to <https://mychart.nhrmc.org/mychart/>. **You may need to hold Ctrl down while you click on the link. You will have the opportunity to reset forgotten usernames and passwords on this screen.** If you have never activated your MyChart, you can create an account on this screen as well.
2. Call Employee Health at 667-7445 to schedule your assessment. This appointment will involve bloodwork, blood pressure, height, and weight.
 - **Reminder: You may use labs from other providers to avoid repeat labs if the appropriate labs are drawn between 10/1/19-1/31/2020. If your lab results are not in Epic, you must bring in a paper copy of labs at the time of your appointment. The required labs are: Total Cholesterol, HDL, HgbA1C.**
3. After you complete your appointment with Employee Health, check **MyChart** for your questionnaire. It will arrive approximately the Monday after your appointment with Employee Health. **To access the questionnaire:**
 - From the Welcome screen, click on the Message Center and then click on Messaging. You will see email with a link to the questionnaire.

BOTH parts of the HRA must be completed by 1/31/2020 to avoid higher health insurance deductions.

Additional Information:

- Lab results should be available in MyChart within 4 days of the Employee Health appointment;
- Completing both parts of the HRA qualifies you for lower health insurance deductions; the actual lab results **do not** impact your health insurance deductions;
- If you have the diagnosis of diabetes and take diabetic medications or your HgbA1C is 6.5 or greater at your Employee Health appointment, you will be automatically enrolled in the Healthy Lifestyles Plan-Diabetes;
- If you have the diagnosis of hypertension and take blood pressure medication, you will be automatically enrolled in the Healthy Lifestyles Plan-Blood Pressure;
- You may opt-out of either plan by completing an Opt-Out Form found on the Healthy Lifestyles Plan Website www.nhrmc.org/healthylifestylesplan. **Remember, there is no additional cost to you or your covered dependents for the Healthy Lifestyles Plan.**

If you need additional help regarding My Chart, please review "Support Request" on <https://mychart.nhrmc.org/mychart/> or call the MyChart Support Desk 910.667.0667