The Health Risk Assessment (HRA) examines your overall health and well-being, and provides a personalized report that highlights areas of improvement.

Flip through this presentation to learn more!
Health Risk Assessment
Powerful Health and Wellness Tool

Welcome to Healthy living

Overall Health & Well-being Health Risk Assessment:

- looks at 13 key health, lifestyle and performance areas
- upon completion, gives you a personal report and a Health & Well-being (HWB) score from 0 to 100

Additional assessments focus specifically on the four pillars of health:

1) Sleep
   - Sleep, rest and relaxation

2) Stress
   - Balance your life

3) Nutrition
   - Eat healthily for life

4) Physical Activity
   - Physical activity and sport

Health Risk Assessment
Easy To Use

Choose your assessment topic:
• Health & well-being*
• Sleep
• Stress management
• Nutrition
• Fitness & physical activity
• Back & joint health

*We recommend completing the Health & Well-being assessment first.

Complete the assessment in as little as 10 to 15 minutes

Receive Personalized report and next steps:
• Report provides summary of health risks and areas where of improvement.
• Recommended ‘next steps’ and suggestions to make positive changes to your lifestyle.
Access the Health Risk Assessment via Blue Access® for Members – NEW USERS

The Health Risk Assessment is located within the Personal Health Manager tool.

Log on to www.bcbsil.com/walgreens to register for Blue Access® for Members, your gateway to the Personal Health Manager.
Access the Health Risk Assessment via Blue Access® for Members

Once you are logged into Blue Access® for Members:

Click on the Personal Health Manager icon on the Blue Access® for Members home page to access the Health Risk Assessment.
Know Your Risk

From within the Personal Health Manager, begin your Health Risk Assessment (HRA) by clicking on the HRA link:
The Health Risk Assessment
Step 1 - Terms of Use

Scroll down to the bottom of the page to accept the Health Risk Assessment terms and conditions *(New users only)*
**Experience. Wellness. Everywhere.**

**The Health Risk Assessment**
**Step 2 - Privacy Policy**

*(New users only)*

You will need to accept the privacy, security and data protection policy to proceed with the HRA.
Complete your personal profile, and use the e-mail address you used to register for Blue Access® for Members.

Click ‘Register’ to complete registration.
NEW USERS will be reminded that they have not yet taken their Health Risk Assessment

Click ‘Begin’ to start your HRA
How Does the HRA Work?

The Health Risk Assessment includes questions on health and well-being issues pertinent to personal and job performance:

Follow each screen and answer the questions asked.
The HRA takes approximately 10 to 15 minutes to complete.

10-15 Min.
How Does the HRA Work?

As you do the assessment, the status bar shows how much you have completed.

Easy-to-understand language is used – not medical terms.

Notes on side margins help to explain terminology and provide examples.
Completion Options

You can retake the Health Risk Assessment as often as you wish

After each page, click on ‘Next’ to continue

Or you can choose to resume at a later time
How To Resume

To resume your HRA, log on to the Personal Health Manager, then

1. Select the “Health Risk Assessment” link
2. Select the appropriate “Resume” link

Health & Well-being Assessment Complete
Sample Report

Health & Well-being Report

Your Report:

Once you have completed the assessment you will receive an overall health & well-being (HWB) score, and sub-scores for medical health, job satisfaction, life load, risk and lifestyle, mood, nutrition, sleep, stress, pain and body weight.
Health & Well-being Assessment Complete

Next Steps:

A list of recommended next steps are provided as part of your report.

Next steps include articles to read and other assessments to complete within the Personal Health Manager.

Next steps:

According to your health & well-being assessment score, here are the next steps we recommend you take:

**Articles to read:**
- [Physical Activity, the facts](#)

The articles within the Fitness topic area will provide you with more background information and advice related to improving your overall physical activity levels and fitness.

- [The facts about nutrition](#)

The articles within the Nutrition topic area will provide you with more background information and advice related to improving your overall diet.

**Assessments to take:**
- [Improve your fitness](#)

The fitness and physical activity assessment has been specifically designed to help you get a better idea of your current level of physical activity and to explore ways you can improve it.

- [Improve your diet](#)

The nutrition assessment will help you plan healthy dietary changes.

- [Monitor your health & well-being](#)

We recommend you retake the health & well-being assessment in 3-6 months time in order to track your progress.
The overall health status score, known as the HWB (health and well-being) index, is a score from zero to 100*

- Your answers provide the basis for specific scores in the 13 key health and well-being areas

**70-100**  Higher scores / Lower risk
Individuals with fewer than two risk factors

**50-70**  Mid-level scores / Medium risk
Individuals who present three to four risk factors

**Zero-50**  Lower scores / Higher risk
Individuals with five or more risk factors

Recommendations and suggestions offer real steps to put in place to improve the principal areas of concern in your health profile

*zero indicating the worst possible health status and 100 the best*
Assessments are an excellent way to track and take control of your long-term health & well-being.

The HRA report informs you where to focus efforts: 
**Fitness? Nutrition? Life Skills?**

**Once you have insight on your current health, the Personal Health Manager can help you:**

- Create a custom fitness, nutrition or life skills plan
- Search for healthy articles and recipes
- Ask a question of a Fitness Trainer, Life Coach, Dietitian or Nurse!!
- Earn Blue Points* for completing any of the above activities!