



Instructions For Viewing Your Updated HRA

Review your Updated HRA Results

1. Your biometric measurements (Height, Weight, Blood Pressure, Total Cholesterol, HDL, and Blood Glucose) from your on-site screening have been updated in your Health Risk Appraisal (HRA).
2. Your HRA Profile Report will have this data integrated in your results.

How to Log-in to View Your Updated HRA

1. Click on View Your Updated HRA Results.
2. Type in your Last Name.
3. Type in your **WSU 9-digit Banner ID** in Employee ID.
4. Pull down the Employer Field and select Wayne State University.
5. Enter your HRA password that you used when you took your HRA (enter in the bottom box as shown below).
6. If you forgot your password, check the I've lost my password box and click the Enter button at the bottom of the form; your password will be e-mailed to the e-mail address recorded on your HRA.

Before beginning this questionnaire, please have your medical information at hand, including your height, weight, approximate dates of most recent preventive services and health screenings, and blood pressure and cholesterol measurements, if known. While none of this information is required, including it will make your HRA Profile more accurate and complete.

You may submit a questionnaire only when you are eligible. You will be informed of eligibility at the appropriate time. You may return here to see your current report whenever you wish.

Your privacy comes first! Your Last Name and Employee ID are required to confirm your eligibility to use this Health Risk Appraisal (HRA). Beyond this purpose, your information is considered anonymous. It is held in confidence by the University of Michigan Health Management Research Center and otherwise is used only in an aggregate, anonymous form for scientific research and benchmarking purposes.

By completing this HRA you are authorizing the transfer of personal data to the University of Michigan Health Management Research Center. None of your personal identifiable health information will be shared with your employer. Your employer may receive your name and Employee ID only for the purpose of administering and awarding any eligible incentive for completing the Health Risk Appraisal. Your individual Health Risk Appraisal information may be used by wellness vendor program administrators for your employer's health management programs as well as other related services.

Last Name **Employee ID**

Employer


HRA Password
For the privacy of your information,
a. If this is your first time here, please enter any password of your choice, using at least four letters or digits. **Record and save** this password to use when you return here other times. Enter your chosen password *twice*, once in each box.
b. If you've already registered a password, please enter it once here. This password is *not required* to enter to complete a questionnaire. However, without it, for the privacy of your information, your report will not include any comparison results from your previous questionnaire.


I've lost my password

To personalize your questionnaire:


7. Click Enter to open up your HRA Profile.
8. For additional problems e-mail: problems@www.hmrc.kines.umich.edu at the bottom of the HRA Page.

The Health Risk Appraisal is not a substitute for a medical exam. If you have health concerns or if the report raises questions, please consult your physician or a health professional to review the results with you.

 This is a Comodo Authentic Site


 We comply with the HONcode standard for [trustworthy health information](#): [verify here](#).

This Web site is designed so that you don't need to use your browser's **[Back]** button. But if you do ... for the privacy of your data, you may also need to click **[Refresh]** or **[Reload]** as instructed.


 **Enter**

Developed by the University of Michigan Health Management Research Center.


Mar 2, 2010; 13:46:40 EST

 Problems: problems@www.hmrc.kines.umich.edu

9. View your updated HRA profile.



Health Risk Appraisal Profile
HMRC Version [Info](#)

**Congratulations**
for completing your Health Risk Appraisal Questionnaire!
Last update: January 4, 2010; 12:25:49 EST

This Health Risk Appraisal is not designed for people who already have Heart disease, Cancer, Kidney disease, or other serious conditions.

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| Top 3 areas to improve or maintain your health right now! | Blood Pressure Physical Activity* Weight* * Keep up the good work! |
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