



## **Health Risk Appraisal (HRA) Overview (2011-2012)**

Healthy TEAM partners with the University of Michigan Health Management Research Center (HMRC) to bring employers a state of the art, online, secured and confidential, validated Health Risk Appraisal (HRA). The University of Michigan's world renowned HRA is a result of over 25 years of development and data analysis.

The HRA is a great assessment tool that will help you determine your health status and to identify lifestyle habits you should improve or maintain. The Health Risk Appraisal is a simple health survey that takes about 10-15 minutes to complete. To save time on the day of the screening, we encourage you to take the HRA before you attend your Health Screening. If you can't take it before the Health Screening, there will be computer access at the on-site health screening to take the HRA.

Your HRA information will not be shared with your employer and is protected by federal and state laws.

### **Log-in Instructions for taking the Health Risk Appraisal (2011-2012)**

1. First select and read the ***HRA Overview and Log-in Instructions***
2. Next select ***Take Your Health Risk Assessment***.

You are now at the ***Health Risk Appraisal Questionnaire*** and are ready to begin the log-in process to start the survey.

- Carefully read the *Release of Information* which explains how your results are confidential.
- Enter your *Last Name*.
- Enter your Wayne State University "9-digit Banner ID" into *Employee ID*
- *Select Wayne State University for Employer*

### **3. For Returning Wellness Warriors:**

Please do not use your previous HRA biometrics for this HRA (height, weight, blood pressure, glucose, total cholesterol, LDL, HDL, Triglycerides). You have the option to leave these fields blank unless you have more recent results. Your new biometrics will be integrated into this HRA and you will be notified once this occurs.

#### **HRA Password**

- If you would like a comparison of this HRA to your previous HRA, you will need to use the same HRA password as you did last time, and you will enter it into the HRA Password section. Click *Enter* to begin the survey.
- If you don't wish to have a comparison report then skip the HRA Password section and click *Enter* to begin the survey.
- **Please Note: During your first telephonic TEAM Wellness Coach Session, you will review your year-year comparative HRA results.**

### **For New Wellness Warriors:**

#### **HRA Password**

- Go to *HRA Password*, letter a., and then enter a password of your choice, using at least four digits. Enter your chosen password twice, once in each box.
- Make sure you write down your HRA Password and save it for future reference.
- Continue down the page and answer the two questions under *to personalize your questionnaire*. Once you've completed these questions scroll down to the *Enter button*.
- Click on *Enter* and you are now ready to begin the survey.

### **For Returning & New Wellness Warriors**

4. Once you have finished the survey, click the *submit* button to immediately review your Health Risk Appraisal Personal Profile results. You have the option to print out your profile or return with your HRA Password to see your results whenever you wish.
5. To get your Certificate of Completion, please click on the prompts at the end of each page following your review of your results. You have the option to print your Certificate of Completion. Click *Thank you for Your Participation* at the end of the page and visit the WSU Wellness Warrior's Website.
6. Congratulations on the completion of your Health Risk Appraisal (HRA)!