

Ever wonder.....

Just how healthy you are?
What your Health Risks are?
What you can do to become healthy?

"Then a Health Risk Assessment (HRA) maybe for you!"

What is an HRA?

A Health Risk Assessment (HRA) is a confidential health profiling tool commonly used in the workplace. In recent contract negotiations, the District and MTI agreed a HRA was a good way to provide employees with the opportunity to have their life style evaluated. HRA's help employees gain awareness of their healthy habits and identify any risk factors for disease they may have. It uses health behavior data that the employee provides along with clinical biometric measurements (blood sugar, blood pressure, cholesterol, and waist girth) to produce an overall wellness score.

What do I get out this Assessment?

After completing a questionnaire and a biometric appointment with a nurse you will receive a summary of your health risks. The complete HRA report is mailed to your home usually within one to two weeks of the on-site visit. Those with GHC-SCW insurance will have a copy entered into their electronic medical record for their primary care provider to review and follow up as appropriate. Since WPS does not have primary care providers, those with WPS can provide a copy of their report to their provider if they wish. The District does not see individual results. The district receives a summary of the risk factors to help everyone live a healthier life, and reduce health care costs through future educational ideas.

What do you need to do?

(HRA's are for Employees only, not spouses or dependents)

1. Sign and return this form if you interested in participating by February 19, 2010. Those that elect to participate also agree to participate again in the 2011-2012 school year.
2. If you will be participating, we will contact you to set up an appointment for your biometric reading and will send you a Personal Wellness questionnaire to complete and bring to your appointment.
3. Attend your appointment and the nurse will conduct your biometric screening and review your questionnaire.
4. Contact Benefits at 663-1746 with any questions.

Please detach and return this to Benefits-Doyle Administration building by February 19, 2010

Name: _____ B# _____

School _____ Phone: _____

Deadline to sign up is February 19th