



How to Take
Groups Health's
Health Risk Assessment (HRA)

Name of Group Health's HRA: Health Profile

What you'll need to take the Health Profile:

- Subscriber ID

What health information you may want to have on hand to take the Health Profile (if not already filled in):

- Your blood pressure
- Your cholesterol levels
- Date of your last immunizations and preventive screenings

Once you're ready, go to www.washingtonwellness.gov

- Click on "My Risks"
- Under "How Do I Take My HRA?" select Group Health
- Register with MyGroupHealth and request a confidential code to upgrade your account
- You'll receive your code by mail in 2-5 days (This step ensures privacy of your health information.)
- Log onto MyGroupHealth again with your code and follow the instructions

Have a question or need help?

- Call 1-888-901-4636