

# Tips for Taking a Health Risk Assessment (HRA)

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	<b>Aetna</b>	<b>Group Health</b>	<b>Kaiser</b>	<b>Uniform Medical Plan</b>
Name of health risk assessment	Health Counts Health Assessment	Health Profile	Total Health Assessment	Health Counts Health Assessment
What you <b>have to know</b> before taking an HRA	Medical plan subscriber ID	Medical plan subscriber ID	Medical plan subscriber ID	Medical plan subscriber ID
Do you need to register with medical plan Web site before taking the HRA?	Yes.	Yes, and it's a 2-step process. Register with MyGroupHealth.com, then request code to upgrade account. Enrollee will receive code by mail in <b>2-5 days*</b> . Then log on to MyGroupHealth.com again and look for Health Profile in left navigation column.	Yes.  (You may need to receive your password by mail. If so, you will get it within <b>a week*</b> .)	Yes.
<b>Health information</b> you might want to know before taking an HRA (employee can complete HRA without this information)	<ul style="list-style-type: none"> <li>• Blood pressure</li> <li>• Cholesterol levels</li> <li>• Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram</li> </ul>	<ul style="list-style-type: none"> <li>• Blood pressure</li> <li>• Cholesterol levels</li> <li>• Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram</li> </ul> <p>Some HRA clinical data will be pre-filled if enrollee receives care at GH medical center.</p>	<ul style="list-style-type: none"> <li>• Blood pressure</li> <li>• Cholesterol levels</li> <li>• Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram</li> </ul>	<ul style="list-style-type: none"> <li>• Blood pressure</li> <li>• Total Cholesterol</li> <li>• LDL Cholesterol</li> <li>• Date of last flu shot, pneumonia shot, pap smear, colorectal screening, and mammogram</li> </ul>
Have a question?	1-866-908-5940	1-888-901-4636	1-800-556-7677	1-800-762-6004

\*A process to protect enrollees' health information





# Elect to Know More About *Your* Health

Everyone wants better health.

One benefit you have as a state employee is the ability to get a report about *your* current health risks, based on information you provide.

Complete your health risk assessment to get a confidential and personalized pathway to improve your well-being and quality of life.

Use the reverse side of this page for information about how to access your own health risk assessment.

Want more information?

Visit Washington Wellness at <http://www.washingtonwellness.gov/>