

Health Risk Appraisal FAQs

Your Health Risk Appraisal (HRA) not only provides a more complete picture of your health; it gives you a tailor-made action plan based on your results.

What is an HRA?

A Health Risk Appraisal (HRA) is a personalized health assessment—available to you free of charge—that helps you identify potential health risks so that you can take steps to avoid them.

Why should I do an annual HRA?

By examining your health-related behavior and health history, your HRA can give you more control over your health and wellness. When repeated annually, HRA results can reveal changes in your overall health over time.

How is my HRA information protected?

Your HRA data is protected under the Federal Privacy Act, as well as layers of strict access controls and security safeguards. FOH worksite staff, employer staff, and employee management cannot view your individual information. Intentional unauthorized access of personal or health information would result in severe administrative action against any offender(s). Your information is also securely stored in an independently audited data center that meets rigorous Federal security standards. This high-security center is continuously monitored for physical threats or system intrusion to help ensure your data is kept safe.

Why shouldn't I take my HRA anonymously?

Unique identifiers may be required from HRA participants to confirm their eligibility to use the HRA website. And in the unlikely event you encounter problems using your HRA account, we'll need to verify who you are in order to address those problems.

At the same time, providing anonymous information doesn't allow you to take full advantage of your HRA information to become healthier, or to use future program enhancements or advanced health information technology as they become available. Contact information may be used to provide you with reminders and notices regarding continued use of the Web site or health program participation.

How is my personal HRA information used?

Your individual HRA information is never shared. The data collected from many users may be aggregated and analyzed in an anonymous fashion to help FOH decide what combination of programs will best meet the needs of your organization.

My HRA asks for test results.

How do I obtain them?

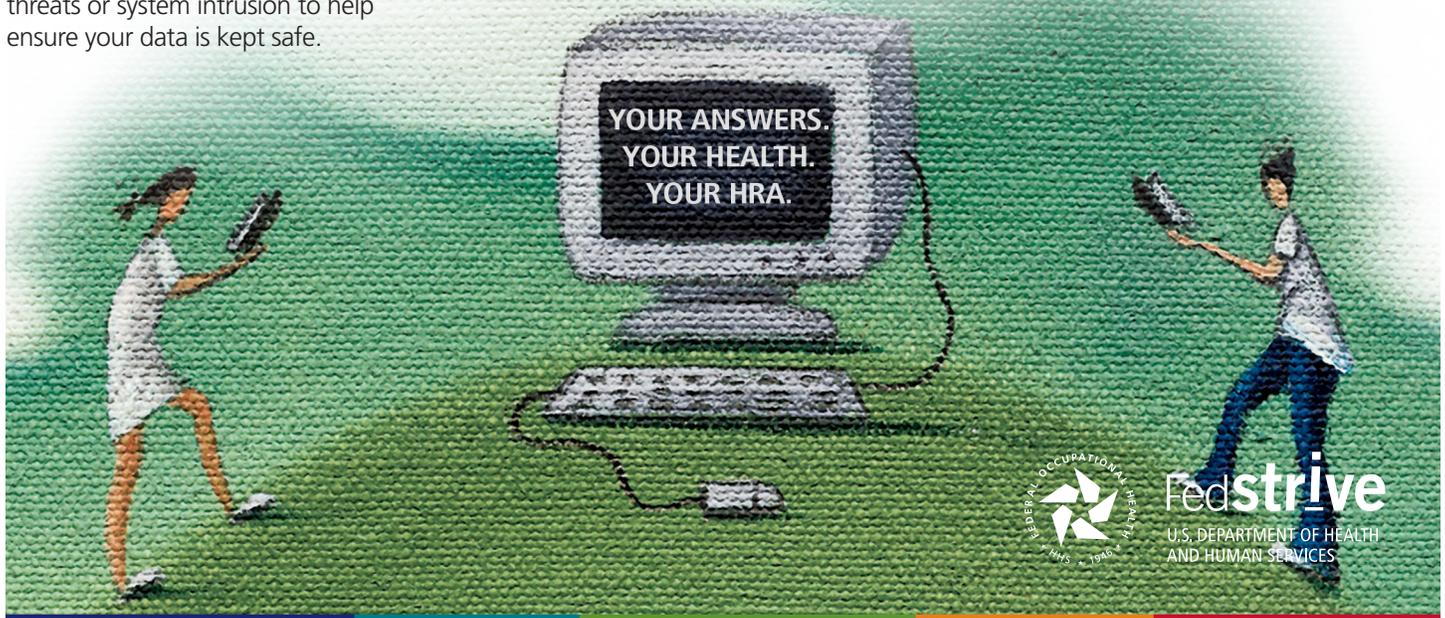
The FOH health nurse at your worksite clinic can provide blood pressure, cholesterol, glucose (blood sugar), height, and weight measurements as part of a free cardiac risk profile. This information helps identify factors that may put you at risk for heart disease and should be entered into your HRA.

You may also add recent blood pressure or blood cholesterol results from recent doctor or hospital visits to your HRA. However, if you do not yet have that information, you should still take the HRA—you can just leave those questions blank and go back to complete them once you have the information.

What happens after I take my HRA?

Upon completing your HRA, you will receive a summary report explaining your risk levels for each wellness category, as well as access to a wealth of tools and resources to take you even further on your personal path to health.

Learn more at FOH.hhs.gov/HRA.



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