

## **Frequently Asked Questions (FAQs)**

### **About**

## **Health Risk Assessments (HRAs)**

#### **1) What is Health Risk Assessment (HRA)?**

A HRA is a short series of questions that helps figure your areas of health risks and concerns. The HRA utilises a series of questions to gain better understanding of your lifestyle, identify any risks that may contribute to the development of future health issues. Upon completion of the questionnaire, a customized health report will suggest changes that you may want to undergo to improve your health.

#### **2) Why is it required?**

The various lifestyles we lead today often threaten our long-term health. Habits and behaviours such as poor diet, smoking, lack of exercise, stress levels are among the common factors that bring an individual to high risks of premature death or getting ill. However, knowledge of the presence of these risks does not always make a change in behaviour, people are not aware of which risks need urgent attention.

Undergoing HRA can reduce risks by health education. It primarily motivates and sustains health behavioural changes to improve the population's health and productivity hence cutting on health care costs.

#### **3) What does the HRA include?**

The Health Risk Assessment has three basic sections:

- **Questionnaire:** Upon registration, you are presented with questions comprising the Health Risk Assessment.
- **Risk computation:** Based on data collected from the greater population, every question and response carries a certain weight. Based on the response, a risk score is computed. This risk score identifies the current risk level of the individual towards a particular health condition.
- **Customized risk reports and educational messages:** Wellness reports are based on the individual's statistics matched with the data of the similar population group. After which a summary of the individual's wellness score and health risk is presented with recommended lifestyle behaviours and suggestions of reducing the risk.

#### **4) What does the Questionnaire include?**

The HRA takes into account several different factors to determine the wellness score and the risk levels.

The questionnaire covers areas such as:

- Biomedical predictors of illness including blood pressure, waist girth, blood glucose
- Blood lipids and triglycerides
- Current medical condition & family Health
- Lifestyle risk
- Tobacco use & Alcohol consumption
- Physical activity
- Nutrition
- Sleep and stress levels
- Women's Health

#### **5) What is in it for an Employee?**

- You get a benchmark for your current health status that can be shared with your doctor.
- You get a personalized report on various health risks and action steps to reduce your risk factors, manage chronic conditions and improve or address other health related concerns you may have.
- You learn what your health risks are so you can improve your chance for a healthy future.
- It is completely CONFIDENTIAL. Even though your employer pays for the screening, only you get your information. Employers receive a high-level report for the company, not individual results.
- It might save your life! The information could be used to help identify areas which if left unaddressed could lead to more serious health issues in future.

### **6) What is in it for the employer?**

The Health Risk Assessment will help an employer base line the health profile of the organization. Employer will gain clear understanding of where their risks lie and then be able to make a conscious choice as to how they reduce risks and protect their human capital. Apart from this, the HRA helps to:

- Identify the specific health & wellbeing needs of employees
- Link health data to your bottom line
- Target health interventions more effectively
- Measure the effectiveness of your investment in health promotion
- Reduce absence and boost productivity levels

### **7) Why is my employer asking me to take a HRA?**

Chronic disease, including cancer, heart disease, lower respiratory disease, and diabetes, account for 70% of all deaths and 40% of health care spending in India. Yet, these diseases are largely preventable by eating healthy and getting regular exercise, or manageable if detected early through preventive screenings.

If you take a HRA and begin making changes to improve your health, you'll win because you'll feel better, your employer will win because employees who are healthier are more productive, and everyone wins if we can prevent diseases.

### **8) How can I take it?**

HRA can be taken online and from any location. You can access the HRA over any device with a browser and connected to the internet.

### **9) How long does it take to complete the assessment?**

It takes just 10-15 minutes to take the HRA. Once you've completed your assessment you will immediately receive a personal that highlights the key areas of health & wellbeing and a report designed to take to your physician as a talking point.

### **10) Do I need to complete it at one sitting?**

**NO.** You have the ability to save your responses, exit the HRA and then log back to it at any time. When you log back, you would not be required to retake the HRA, but, start at the point where you had last left.

### **11) Do I have to answer all of the questions?**

No, you may skip questions that you do not want to answer. With questions you are comfortable answering, **we strongly encourage you to answer them honestly.** Your answers are completely confidential and there is no penalty for skipping questions.

### **12) What does it provide at the end?**

After completing the HRA, you immediately receive a comprehensive report identifying your wellness score, risk status, risk factors and manageable conditions. It will show the areas you need to focus on to make the biggest improvements in your individual risk status.

Based on your identified risks, the HRA will also recommend a list of lab investigation along with the periodicity for the same. You have an option to modify the next check-up date and also setup reminders for the same.

### **13) What does the Wellness Score indicate?**

The wellness score is a measurement of how healthy you are in relation to other people your age. You will receive an individual action plan to guide you toward improving your health.

**14) Will my health profile/information be shared with my company?**

**NO.** Your management team will receive only an overview report that indicates the prevailing health trends at a group level. Their reports uses ONLY amalgamated and depersonalised data to generate your organisation's health profile. The report would allow your organization to focus investment in the areas of health that your organisation really needs.

**15) Will my information be accessible to any outside party?**

**NO.** Your answers will remain confidential and not be shared with any other party without your explicit and written consent.

**16) What about my Personal Health Record (PHR)? How and when can I access it, and what information can I input?**

Upon completion of the HRA, you would have access to a PHR. The ID and password (temporary) to access the same would be emailed to you.

You can access the PHR from any device and 24/7. The PHR provides an easy option to track your health parameters (BP, BMI, Cholesterol, Blood Sugar, Thyroid etc.), build self and family health profiles (medications, allergies, surgeries), store health records (Lab reports, prescriptions, summary sheets), search and connect with doctors, hospitals, diagnostic laboratories.

The PHR data is completely secured and NOT shared with any other party without explicit and written consent of the user.

**17) How often should I take the HRA and/or update my health profile?**

You should consider retaking your HRA at least twice a year, or as often as your employer suggests making certain that the most accurate and up-to-date information is reflected in your health profile.

For example, whenever you visit your doctor for a wellness visit or a health screening, you can update your profile to capture your most current health status. Once you've logged in to your PHR, you can use the tabs on the left to go to section directly (medications, BP, BMI, lipid, blood sugar etc.) and update the information. You can also retake the HRA by using the link under "Assessments" tab.

**\*Kindly check your Junk e - mail regularly as most of our mail might land there due to security settings of your mail browser**