

HEALTH SCREENING & ASSESSMENTS (HRA)

To optimize return on investment and maximize the health of your workers, it is essential to utilize a diagnostic tool to assess risk categories. We will kick off this process by administering an HRA (Health Risk Assessment) with your employees. An HRA is a tool to measure medical risks and identify lifestyle behaviors. It consists of approximately 50 - 75 questions. The questionnaire can be delivered electronically or in hard copy format. You will receive an aggregate report which is used as baseline to **identify high, medium and low risk employees** – and is used to develop your wellness program structure.

We also offer biometric screening. Employees would be screened prior to the HRA and have the results available to enter. Screening on its own can also identify serious problems that warrant immediate attention. Screening can include:

- Height and weight measures
- Blood pressure
- Cholesterol levels
- Glucose readings
- Metabolic testing