

BENEFIT

CHAMBERS OF COMMERCE
GROUP INSURANCE PLAN®

facts:

my-benefits Health Risk Assessment

my-benefits Health Risk Assessment (HRA) allows Plan participants to learn about their health risks and what habits and behaviours they may be able to adjust to improve their overall health. As a participant, you create your own unique profile, giving you access to the assessment and results.

Getting Started | Through the *Wellness* tab, click on the *Health Risk Assessment* link. The first time you access the HRA you will go through a profile set-up process where you will be asked a few short questions including your name, gender, and year of birth. Your dependents can also access the HRA, they just need to set up their own profiles.

Any answers you provide remain private and confidential. Anyone with access to your HRA account (spouse or dependents) will be able to view your profile and available campaigns, including any past results. However, your individual answers throughout the questionnaire will not be shared with anyone.

Click on a “*campaign*” and progress through the questionnaire. At the end of each section, you will have the opportunity to review all of your responses and either redo the section or submit your answers to continue to the next one. The HRA is built on a predictive logic model, meaning elements of your profile and the way you answer certain questions throughout the questionnaire will determine which questions you receive as you go along.

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“The
groundwork
for all
happiness
is good
health.”



