

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."







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Once you complete all of the available sections, you will see your results along with a report for each section. These reports are organized by topic and include four components:

- A risk rating (either Low, Moderate, or High)
- An explanation of why you were given this risk level
- Information and resources corresponding to your
- Action plans customized to your risk level and Stage of Change

On average, it takes 20 minutes to complete the questionnaire. You can leave an uncompleted questionnaire and return to it at a later time. If you exit the HRA before completing a section, you may have to answer some questions again, but you won't have to restart the entire questionnaire. Once you have completed the HRA and have received your results, you cannot make any changes to your responses.

We have set up the HRA in monthly campaigns, meaning you can complete the assessment once every month. Previously completed campaigns are saved in the bottom section, allowing you to compare current assessments with past results to track any changes.

Don't agree with your results? The result details explain the reason you were given a certain risk level. Clinical recommendations are based on scientific evidence provided by top organizations. Please keep in mind, having a Moderate or High result does not necessarily mean you are unhealthy - it simply means you *may be at risk*. If you have concerns with your health, please consult your medical practitioner.







