

Frequently Asked Questions About the Health Risk Appraisal

1. What is the purpose of the Health Risk Appraisal?

The ultimate goal of the Health Risk Appraisal is to help control health care costs through proactive education and interventions that encourage you to take better care of yourself. The health risk appraisal (HRA) is a tool that Saint Luke's Health System uses to help you become aware of your health risks and to educate you on important steps to maintain good health.

2. How is the HRA information used?

There are three ways the information is used.

- First, you can use the individualized report to improve your health and well-being.
- Second, the Health System receives an aggregate report on the health risk of the employees who completed the HRA. No individual data is identified in the aggregate report. This report helps us identify problem areas to address and it identifies trends in health risk.
- Third, the Health Enhancement Coordinator uses the information to develop programs and individualized interventions to assist you with improving your health risk status. If you indicate on your HRA that you desire additional assistance and you are high risk, your information may be forwarded to Fiserv Health for telephonic health coaching.

3. Where does my health risk information go?

Saint Luke's Health System has a business agreement with The University of Michigan, which serves as a data repository. The University of Michigan generates the reports for individual participants and the aggregate report for the Health System. The Health Enhancement Coordinator has access to information to assist in program planning and interventions. Some risk information is shared with Fiserv Health for the sole purpose of providing support and encouragement to high risk employees who desire assistance through telephonic health coaching. The information held by The University of Michigan cannot be shared with other vendors or other individuals without an informed written consent from the individual.

4. Can I complete a paper version?

No. The only format to complete the HRA is online.

5. What if I don't know how to use a computer?

Your Human Resources Department will assist you with using a computer. Or, you can contact the Health Enhancement Coordinator at 816-932-3807.

6. What if I don't have a computer?

There are computers available throughout the Health System including within your Human Resources Department, the SLH Medical Library, and the Center for Health Enhancement. Another option would be to visit your local library and access the SLHS web page at www.saintlukeshhealthsystem.org. Contact your local Human Resources department for computer assistance or call the Health Enhancement Coordinator at 816-932-3807.

7. What if I can't remember my password?

You may still complete the HRA even if you cannot remember your HRA password. However, you will not be able to view previous HRA results without your original HRA password, which may be different than passwords you use for other computer applications. To obtain your HRA password, you must go online to the HRA login page and click on "I've lost my password". If the University of Michigan has an email address for you, it will be emailed directly back to you. If they do not have an email address on file for you, you can request your password to be emailed to the Health Enhancement Coordinator. Or, you can have your password mailed to your home address. Once you receive your password you can go online to complete your HRA or view past results.

8. Will my results be sent to my doctor or my insurance company?

If you are high risk and you indicate on the HRA that you desire additional assistance, you may be notified that your HRA results are being forwarded to Fiserv Health for the sole purpose of providing support and encouragement to you through telephonic health coaching. Other than that, no results are sent to your doctor or insurance company. You can share your results with your physician if you so choose.

9. What if I want more health information?

Saint Luke's Health System provides many health enhancement resources to help you stay healthy and feel great. One option is to go online to the Employee eLink and click on the Win with Health web page. This page, designed for SLHS employees, is updated monthly and provides health information, recipes, and links to additional resources available within our Health System. Another option is to contact the Health Enhancement Coordinator who can direct you to a number of health enhancement resources. Additionally, the Health System owns and operates two fitness facilities: Center for Health Enhancement and SHAPE. For membership information, contact them directly. Other important resources include EAP, Baby Building, Employee Health and NurseLine.

11. How often do I need to complete the HRA?

To receive the lower health benefit premium called the Preferred Health Option you must complete the HRA at least once a year. In July of each year, SLHS Compensation and Benefits promotes the HRA, encouraging employees to go online prior to Annual Enrollment to complete the HRA. Deadline for completing the HRA to receive the lower health benefit premium for the next calendar year, is at the close of Annual Enrollment, which usually falls at the end of October.