

## Health Risk Assessment Instructions

Employees and spouses participating in Bellin's 2010 Health Plan are encouraged to complete a Health Risk Assessment in August 2009. HRAs should be scheduled in July and completed in August (refer to the HRA calendar).

An HRA consent form and questionnaire are included and must be completed prior to your HRA appointment.

A number of changes have been made from prior years, representing an evolution supporting the journey to lifelong health. We hope to learn from this information and intend to structure future health improvement/maintenance offerings tied to your needs. Your input is greatly appreciated. No individual identifiable information will be reported out.

Thank you for your cooperation.

### **Prior to your HRA appointment, please observe the following:**

1. Fast for 10-12 hours prior to your appointment. (Be sure to drink plenty of water.)
2. Continue taking prescription medications.
3. Complete your HRA consent form and questionnaire, and bring it to your appointment.
4. Bring nourishment for after your appointment, if needed. No food or beverage will be provided.

