

ATTENTION LUCAS COUNTY FRONTPATH ENROLLEES

Complete your Health Risk Assessment by February 28, 2017

The **Health Risk Assessment** is a personal, confidential tool that can help you identify areas where you may be able to improve your health, as well as recommend personalized programs to support your individual health goals.

To complete the HRA, follow these instructions.

1. Go to <https://secure.healthx.com/hdplusv3.aspx>.
 - a. If you have taken the HRA before, log in with your self-designated username and password.
 - b. If you have forgotten your username and/or password, click on "Forgot Username/Password" at the bottom of the screen. Use the unique ID from your Member ID card to retrieve your information.
 - c. If you need to create an account, click on "Register" at the bottom of the screen. Use the unique ID from your Member ID card to create an account.
2. Once logged in, click on My Personal Health Suite in the upper left-hand corner.
 - a. If you have not completed the HRA in 2016*, go to the box in the lower left-hand corner of the home page labeled "Wellness Assessment", and click "Get Started".
 - b. To check that you completed the HRA and the date of completion, click on "Wellness Resources" at the top of the page. Select "Wellness Assessment" on the blue header to display your current and past HRA completion dates and scores.

* Please note if you have already completed the HRA in 2016, you will have to wait until 01/01/17 to complete for 2016-2017.

Earn Your Incentive Today!

You win in two ways when you complete the Health Risk Assessment:

1. **Learning your health status and risks allows you to take control of your health so you can live a longer, healthier life.**
2. **Completing the Health Risk Assessment will allow you to continue your Medical benefits without a \$100 Deductible in 2017!**

Learn your score. When you take the Health Risk Assessment, you will also receive a personal Wellness Score. If you are ready to start living a healthier lifestyle, the Health Risk Assessment score will provide an important benchmark to help you track your progress.

The **Health Risk Assessment** must be completed between **March 1, 2016 and February 28, 2017** and takes just 15-20 minutes to complete. To get the most from your Health Risk Assessment, please have the following biometric values ready:

- Cholesterol (total, HDL, LDL, ratio)
- Triglycerides
- Blood pressure
- Glucose

Biometric results can be obtained by visiting your physician but are **NOT REQUIRED**.

You can continue the assessment without them.

For any questions, contact Sarah Blakely at sblakely@hdplus.com or 330-656-1072 x436.



The Health Risk Assessment is administered through Alere®. Alere programs are in full compliance with all Health Information Portability and Accountability Act (HIPAA) regulations. Rest assured that your employer will not have access to your personal health information or receive any information specifically about you.