

Health Risk Appraisal FAQs

Your Health Risk Appraisal (HRA) not only provides a more complete picture of your health; it gives you a tailor-made action plan based on your results.

What is an HRA?

A Health Risk Appraisal (HRA) is a personalized health assessment—available to you free of charge—that helps you identify potential health risks so you can take steps to avoid them.

Why should I take an HRA?

By examining your health-related behavior and health history, your HRA can give you more control over your own health and wellness.

What kinds of questions are on the HRA?

The HRA asks questions about your eating habits, your exercise habits, and your perceptions of your health. You can download a sample HRA, if you'd like.

My HRA asks for blood test results.

What if I don't have them yet?

The FOH health nurse at your worksite clinic can give you a free cardiac risk profile that gives you information about some of the factors that can put you at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose (blood sugar).

If you have recent results of your blood pressure or blood cholesterol tests, or any recent doctor or hospital visits, you can also add that information to your HRA. However, if you do not yet

have that information, you should still take your HRA—you can just leave those questions blank and go back to complete them once you have the information.

How is my HRA information protected?

Your information is protected under the Federal Privacy Act.

What happens after I take my HRA?

Upon completing your HRA, you will receive a summary report explaining your risk levels for each wellness category, as well as a wealth of tools and resources to take you even further on your path to health.

Learn more at FOH.hhs.gov/HRA.

