



HRA

HOW TO COMPLETE THE HEALTH RISK ASSESSMENT

This dynamic assessment has the ability to forecast future health concerns based on your current and past medical history, biometrics, and lifestyle. Your on-line HRA is in your Personal Health Dashboard™ (PHD). Once completed review your results. The PHD is then equipped with tools to help manage your health including risk resolution guidelines, medical libraries and self-paced educational programs.

Personal Health Dashboard™

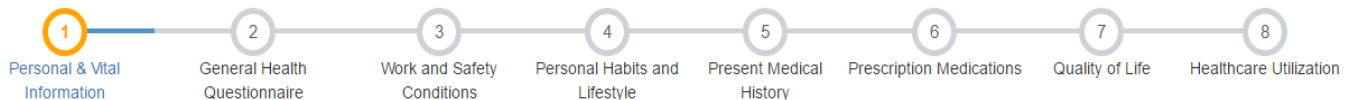
How do I complete my Health Risk Assessment?

Completing your online Health Risk Assessment will take approximately 15 minutes. Follow the steps below to log on to your online portal and begin!

- 1 Login to your **Personal Health Dashboard™ (PHD)**: <https://americaschoice.ushealthcenter.com/activate>
 - ✓ Enter your Username & Password that you created upon activating your account.
- 2 Click on the **Assessments > Health Risk Assessment (HRA)** tile
- 3 First time users can click on **Complete Your HRA** tile on the home page.

The program will guide you through your assessment the entire way. You can see where you are in the assessment by viewing the highlighted section at the top of the page (pictured below). You will see a 'Congratulations' page once you have completed the assessment.

Health Risk Assessment



Confidentiality and Privacy Policy

No individual information about you or your health will be shared with your employer, health provider, insurance organization or third party organization. Your own web portal, your Personal Health Desktop, is only accessible by you. You will have your own unique username and password and will have the ability to change the password anytime you wish.

Need Assistance?

Toll Free: 877-322-7398 X 2

Email: help@ushealthcenterinc.com

