

FREQUENTLY ASKED QUESTIONS

Health Risk Assessment



Q. What is a Health Risk Assessment (HRA) and why should I take it?

The HRA is an online assessment that asks a series of questions about your everyday health habits and behaviors on a variety of topics, including physical activity, food selection and your health attitude. You will receive valuable feedback about your health and risk factors. Evidence shows that this individualized feedback can increase your awareness of your health needs. Awareness is the first step in making healthy changes that can reduce your risks and improve your quality of life.

Q. Who has access to my HRA information?

The personal health information (PHI) you provide in the HRA remains with ODS WorldDoc. Similar to your other health information, ODS WorldDoc is required by the federal Health Insurance Portability and Accountability Act of 1996 (HIPAA) to keep your personal information confidential.

Q. Does my supervisor or manager know if I completed the HRA?

Your supervisor or manager will not have access to any of your personal health information. They will know that you took the HRA only if you tell them.

Q. What will be done with my answers to the HRA?

Select members of the wellness team will see a broad picture of employees' health as a group, assuring anonymity of individuals. This information will help wellness staff identify the major health risks in the population and provide evidence-based programs to address these risks.

Q. Will my answers to the HRA affect my healthcare coverage or premiums in a negative way?

No. Your answers to the HRA will not affect your healthcare cost-share or premiums in a negative way.

Q. How long will the HRA take?

The assessment will take 10-15 minutes to complete.

Q. How do I take the assessment?

The HRA is available in your myODS account. See the screen print below for further assistance.

Go to www.odscorporates.com and sign in to your myODS account. If you do not have an account, create one now.



Click on the Health Risk Assessment (HRA) link.



ODS offers free one-on-one health coaching for members. Call 503-948-5548, or toll-free 877-277-7281 (TTY users, dial 711). Or, email careprograms@odscorporates.com.