



## FREQUENTLY ASKED QUESTIONS ABOUT THE HEALTH RISK ASSESSMENT (HRA)

### **Q. What is a Health Risk Assessment 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, your health attitude, etc. You will receive valuable feedback about your health and your risk factors. Evidence shows that this individualized response can increase your awareness of your health needs. Awareness is the first step to 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 our third-party vendor WorldDoc 24/7. Similar to your other health information, WorldDoc 24/7 is required by the federal Health Insurance Portability and Accountability Act of 1996 (HIPAA) to keep your personal information confidential.

### **Q. Does ODS, my supervisor or manager know if I completed the HRA?**

Your supervisor or manager will only know that you took the assessment if you notify them. Neither ODS or your supervisor or manager will have access to any of your personal health information.

### **Q. How long will the HRA take?**

The assessment will take 10-15 minutes.

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

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

**Q. Can I take the HRA if I am not an ODS medical plan member?**

This benefit is only available for those who have ODS medical insurance.

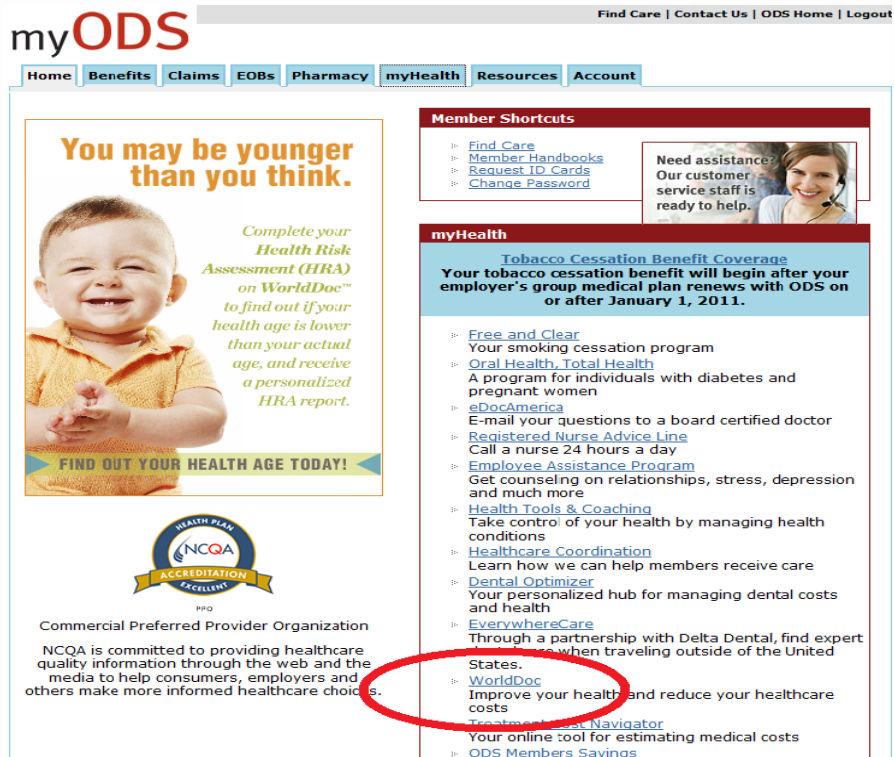
**Q: How do I take the assessment?**

The HRA is available in your myODS account under WorldDoc 24/7. Step-by-step screen prints are available on the next page for further assistance.

Go to [www.odscompanies.com](http://www.odscompanies.com) and sign in to your myODS account. If you do not have one, create one now.



Next, click on the WorldDoc link.



Find the Health and symptom evaluation.

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### WorldDoc

Use the tools below to improve your health and reduce your healthcare costs

- [Health and symptom evaluation](#)  
Evaluate your symptoms and get information on conditions and treatment options. You can also take the health risk assessment to learn your "health age" and get personalized recommendations.
- [Medical library](#)  
Explore medical conditions and treatments.
- [Health helpers](#)  
Use tools like health trackers, calculators, the healthy living program and more to help you manage your health.
- [Pharmacy](#)  
Research your medications and discover how you can lower your prescription costs.
- [My health files](#)  
Store your medical history, pharmacy information and health risk assessment profile.
- [News, forums and communication](#)  
Access articles, news, health surveys, member forums and more.

Click on assessments.

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overview PES assessments

Step 1: Choose area of concern 2: Confirm symptom 3: Answer questions 4: Review result

Choose from the body... Choose from other areas, or... Choose a symptom directly...

Body Other Areas

Dizziness  
Fatigue  
Fever  
I Think I Have a Cold / Flu  
Mood Or Feeling Problem  
Normal Check-Up  
Obesity  
Pregnancy Related Problem  
Skin Problem

Abdominal Mass  
Abdominal Pain in Child  
Abdominal Pain, Upper  
Abdominal Pain/Bloating  
Abnormal Heartbeat  
Aches/Pains in children  
Anal Bleeding  
Ankle Problems  
Anxiety/Fear  
Arm Weakness  
Armpit pain  
Back Pain, Lower  
Bad Breath  
Blisters  
Blood in Urine

ROTATE LEFT ROTATE RIGHT

The Health Risk Assessment is on this page. If you are new to this page it will say "Take Assessment". If you have taken the HRA previously, it will say "Update Assessment". Either will work for participation credit.

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overview PES assessments

Assessments give you your status in a number of important health areas. You will be asked a series of questions and then a personal report card will be generated. You should take the assessments periodically to update your status. [Trackers](#) can be used to follow your progress over time.

**General Health Assessments**  
These assessments evaluate your health risks and give recommendations on how to reduce those risks.

**Condition Maintenance Assessments**  
These assessments evaluate a pre-existing condition or situation and give you specific goals and recommendations.

**Health Risk Assessment**  
Determine your risk for several conditions and your overall health "age"  
You have not taken this assessment  
**Take Assessment**

**Diabetes Assessment**  
Use this assessment to determine how well you are managing your Diabetes.  
You have not taken this assessment  
**Take Assessment**

**Senior Health Risk Assessment**  
This assessment is intended for people 65 years and older.  
**Take Assessment**

**Congestive Heart Failure Assessment**  
This assessment will help you determine how well you are managing this condition.  
You have not taken this assessment  
**Take Assessment**

**Coronary Artery Disease Assessment**  
Evaluate the steps you are taking to manage this condition.  
You have not taken this assessment  
**Take Assessment**

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