

The Importance of Taking the Health Risk Appraisal

The Wellness Committee and County management wants all employees to take the opportunity, beginning with the Wellness Fairs, to receive a free health screening and learn more about their existing or potential health risks by taking a Health Risk Appraisal (HRA).

All employees are encouraged to take the HRA during the period May 1 through July 1, 2007. The HRA is a confidential tool that assesses your health status based on your answers to specific health questions. It provides you with an overall health profile and personalized suggestions to assist you in maintaining or improving your health and well-being.

All County employees and spouses, even those not covered under the County's medical plan (non-members), can take the HRA.

Why should I complete the Health Risk Appraisal?

This appraisal can help you identify potential health risks as well as current health problems that you may not have known existed. Your answers to the HRA will customize the information provided to you in your own "A Healthier You" online Dashboard. By periodically accessing your Dashboard, you can receive and read educational information that will increase your knowledge of personal health-related issues. In addition, Johnson County Government will be utilizing the aggregate report results to help develop future wellness programs based on specific needs of our employee population.

What do I need to take the Health Risk Appraisal?

It is helpful to have your blood pressure and blood cholesterol numbers, including HDL and glucose, as well as the approximate dates of your last check-up, screenings, and vaccinations. These screenings are being provided at the Health Fair at no cost to you, so you can have this information when taking the HRA. However, if you have had a physical exam and blood work at your doctor's office in the past six months, you can use these lab results in completing the HRA online. If you take the HRA from May 1 to July 1, you will receive an "HRA Incentive" added to your paycheck starting in 2008 equaling \$5 per pay period or \$10 per month totaling \$120 annually. Non-members are eligible for a special prize drawing.

Who will have access to my personal results?

All individual results are kept completely confidential. BCBSKC has provided the County a letter certifying that only a restricted group of BCBSKC's Care Management team (composed of nurses and doctors) will have access to your HRA results for identifying members for whom additional services and programs might be beneficial for health improvement. The information will not be used to make insurance coverage or termination decisions, and will not be used in underwriting or pricing decisions for your health care policy. Johnson County Government will only receive a group report that does not identify any individual or individual's results.

How long does it take to complete the Health Risk Appraisal?

This confidential questionnaire takes approximately 15 minutes to complete. Once it is submitted, you will receive a summary report of your current health status and certificate. Keep both for your records.

Members:

1. Log onto the BCBSKC Web site at www.bcbskc.com.
2. Click on Members link and login or complete the login process (have your insurance card handy).
3. Click on the Health & Wellness tab at the top to access the HRA.
4. Click on the "A Healthier You" link and follow the prompts.

Non-members:

1. Log onto the BCBSKC Web site at www.bcbskc.com.
2. Click on the tab at the top that says "Health & Wellness."
3. In the middle column (or on the left side of the page), there is a reference to "A Healthier You" Web page (first arrow), click on either.
4. You will get a prompt that states "Who are you." Click on this drop box and choose "Non-member" and click the "Continue" tab.
5. There are several prompts beginning with Group ID. The ID is 11823000. The rest of the information is personal (i.e., social security number).
6. Answer the questions or provide the requested information as best as possible. Remember, be as accurate as possible. Providing accurate information is helpful in building your health Dashboard. Your information will also improve the accuracy of the county's summary report, which helps us build future well programs to better serve our employees.

**YOUR
WELLNESS
MATTERS**
Johnson County Government