

# What is a Health Risk Assessment (HRA) and why should you care?

## What is an HRA?

A Health Risk Assessment (HRA) is a holistic health test. It combines a questionnaire, vital signs, and body measurements to evaluate your health risks and overall quality of life. An HRA can help to:



### Promote workplace wellness

Evaluate employee health and consider wellness programs



### Increase awareness

Receive health education feedback and start new healthy habits



### Evaluate health risk

Identify those with a higher risk for developing chronic diseases

## What can an HRA do?

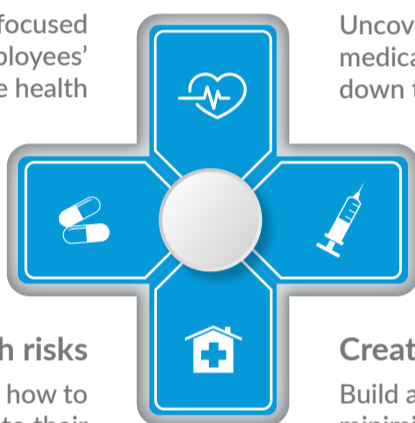
The main goals of an HRA are to test your health and well being:

### Better health outcomes

Foster a wellness-focused workplace and prioritize employees' future health

### Prevention

Uncover health risks directly linked to medical problems that may develop down the road



### Target modifiable health risks

Help individuals understand how to make necessary changes to their lifestyles

### Create a holistic health strategy

Build a program that reduces costs and minimizes lost workplace productivity

## Why take an HRA?

Many Americans aren't properly watching their health

**22.4%**  
adults with hypertension don't know they have it



**40%**

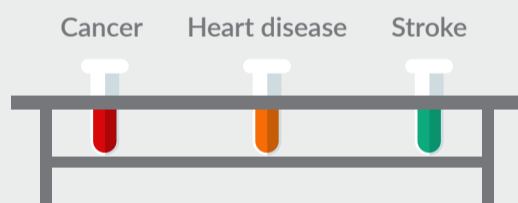
aged 65+ are up to date with their preventive care

**33%**

**25%**

adults aged 50-64 are up to date with their age-specific preventive care

The top 3 killers in the U.S can all be controlled with preventive care



## What can an HRA test for?

HRAs can test risk factors for many conditions, including:

Cardiovascular disease | Metabolic complications | Obesity | Heart disease | Diabetes  
Sleep apnea | Osteoporosis Cancer | Stroke | Hypoxia/COPD | 5-10 year mortality  
Co-morbidity (the presence of additional diseases in relation to a primary condition)

## The benefits of an HRA

Workplace HRAs can help mitigate the staggering costs linked to low employee wellness:

**90%**

of the \$3.3 trillion a year spent by the U.S. on healthcare goes toward chronic health conditions

**\$225.8 B**

annual cost to employers due to Productivity losses linked to absenteeism

**\$300 B**

annual costs to U.S. businesses due to Workplace stress

HRAs can save workplaces and insurance carriers money. By preventing chronic illness, more expensive treatment becomes unnecessary.

## How HRAs have helped companies

### Monongalia Health System

Steady healthcare claims over a two-year period while most employers were experiencing 12-13% increases.

### Johnson & Johnson

Reduced employee medical claims by almost \$250/year per employee over four years.

**How do I get started?**