

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.

What does an HRA include?

Questions cover topics like:

- Nutrition
- Fitness
- Weight Loss
- Body Composition
- Physical/Mental Health
- Lifestyle habits

An HRA also tests your “biometric indicators.”

These can include:

- Blood pressure
- Body mass
- Cholesterol level
- Blood sugar
- Bone density
- Cardiovascular health



Who can use an HRA?

HRAs are used by a number of people and groups:

- Individual Patients
 - Insurance Companies
 - Fitness Centers
 - Workplaces
 - Doctors
 - Wellness Centers
 - Brokers
 - Medical Facilities (Hospitals, Urgent Care)



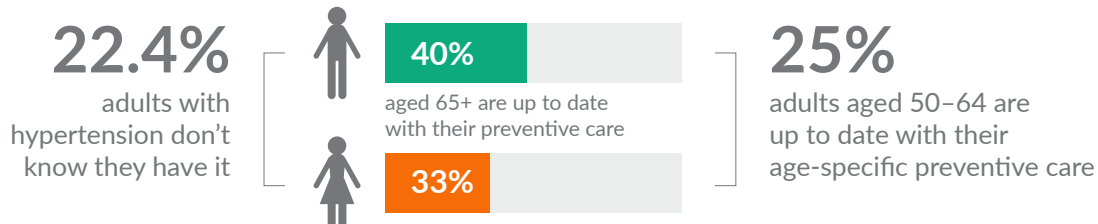
What can an HRA do?

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

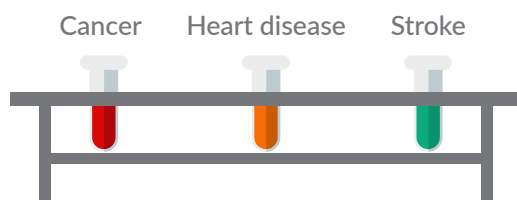
- ✓ Prevention
- ✓ Better health outcomes
- ✓ Target modifiable health risks problems that may develop down the road
- ✓ Uncover health risks directly linked to medical
- ✓ Foster a wellness-focused mindset and prioritize future health
- ✓ Help you understand how to make necessary lifestyle changes

Why take an HRA?

Many Americans aren't properly watching their health



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)

How do I get started?