

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:



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 •



- Doctors
 - Wellness Centers
 - Brokers

Workplaces •

 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?

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