

2010 Health Risk Assessment – Online Instructions American Hospice

It's time to complete your first Health Risk Assessment (HRA)! You'll be completing your assessment using an online system. The assessment is quick and easy and will provide you with valuable information about your personal health risks and the behavior changes you can make to improve them. **This is a private and confidential assessment.**

In order to complete the online HRA, please follow the instructions outlined below. The HRA must be completed no later than **Friday, February 19, 2010.**

Login Instructions

1. Copy and paste or type (Do not click on link below) the appropriate link of the following website address into your internet browser's address bar and click "**enter**" on your keyboard:

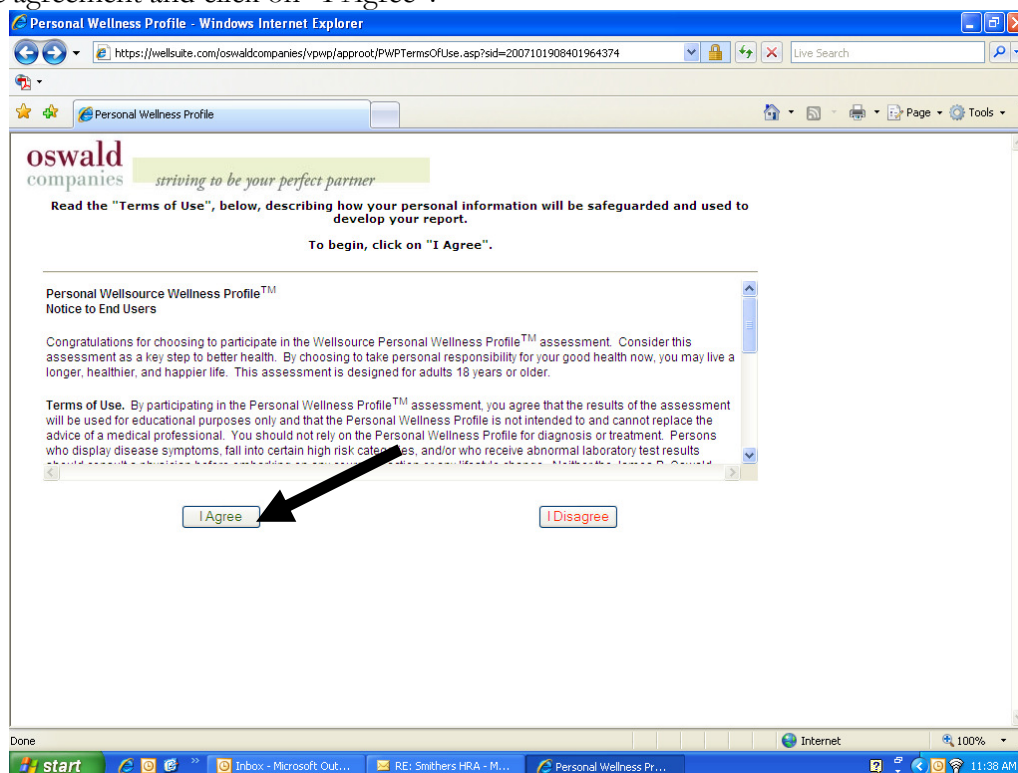
EMPLOYEE LINK:

<https://wellsuite.com/oswaldcompanies/vpwp/approot/login.asp?company=encompass&group=50424190>

SPOUSE LINK:

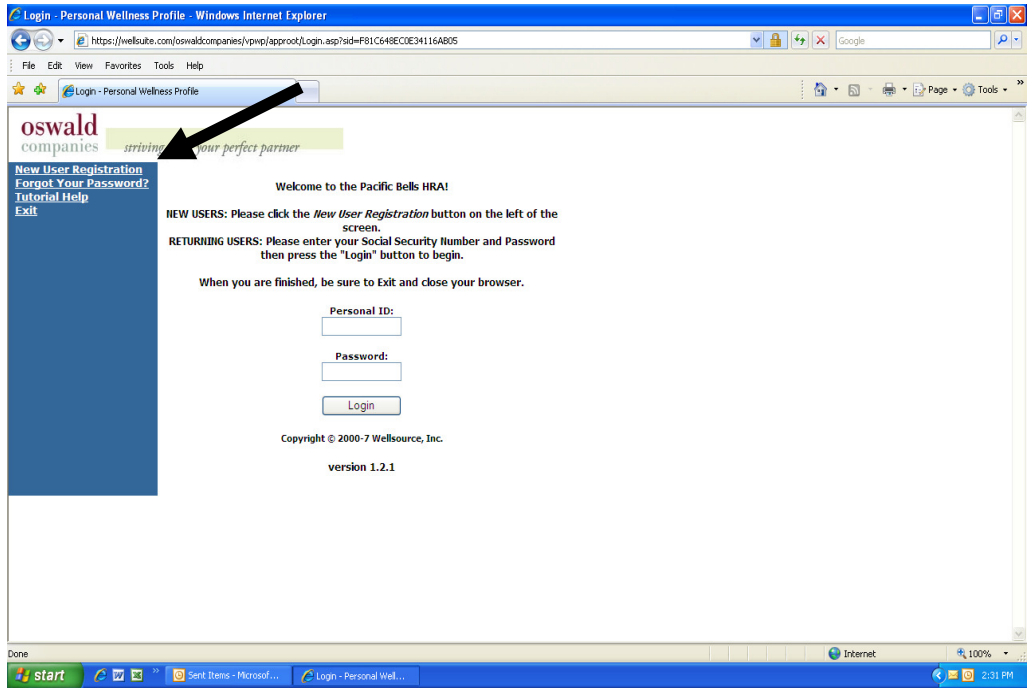
<https://wellsuite.com/oswaldcompanies/vpwp/approot/login.asp?company=encompass&group=50424180>

- a. Please be careful to **copy the entire address**, beginning with "https" and ending with the 8 digit number.
 - b. Please note that due to security reasons, this address will not direct you to your company's HRA simply by "clicking" on it – it **must be copied and pasted or typed** fully into your internet address bar.
2. Read the agreement and click on "I Agree".



3. **New Users:**

- a. Click on “**New User Registration**” – located in the blue box, in the upper, left-hand corner of the website.



- b. On the registration page, your group number should be automatically populated as **50421490 (if you are an employee or 50421480 for spouse)** . If your group number says “samplegrp”, you did NOT access the American Hospice HRA. Please recopy and paste the website address from step 1 into your internet browser’s address bar to access your company’s HRA.

Complete the registration form and click on “Submit” when finished. Your Personal ID number will be filled out in the following format:

2 digit birth YEAR+ 2 digit birth MONTH + 2 digit birth DAY + last 2 digits of your SS#.

(Example: Joe Smith, DOB: 03/15/1976, SS#: 123-45-6789 would have a personal ID of 76031589)

*Make a note of your password as you will need it to log back in.

Fields marked with * are required. The other fields, while not required, are necessary if you would like to be contacted in the future with additional information.

* Group: 20167290
* Personal ID:
* Password:
* Retype Password:
* First Name: Middle Initial:
* Last Name: Email Address:
* Address Line 1: Address Line 2:
* City: * State:
* Country: * Zip Code:
* Phone number during day: Phone number in evening:
* Gender: --- SELECT --- * Birthdate (MM/DD/YYYY):
* Company Name:

Submit

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Disclaimer: this product has been created for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, treatment, or care. Since health varies from person to person, not all recommendations and guidelines cited in this product will be appropriate for every individual. If you have a particular health condition, consult your doctor. Always follow your doctor's

4. Complete the questionnaire. If you do not have your biometric screening data from your recent onsite biometric test, please skip the “Biometrics” section. If you have this information at a later time during and your HRA is still open, you can log back in and enter your numbers. Your biometric results and your HRA results will not be shared with your employer. Your results will be sent directly to you. When you have completed the HRA, click on “**Finish.**”

Personal Wellness Profile

Previous Finish

Biometrics

1. Blood Pressure
/ Systolic/Diastolic

2. Blood Tests
fasting
non-fasting
Total Cholesterol mg/dL mmol/L
HDL Cholesterol mg/dL mmol/L
LDL Cholesterol mg/dL mmol/L
Triglycerides mg/dL mmol/L
Glucose mg/dL mmol/L

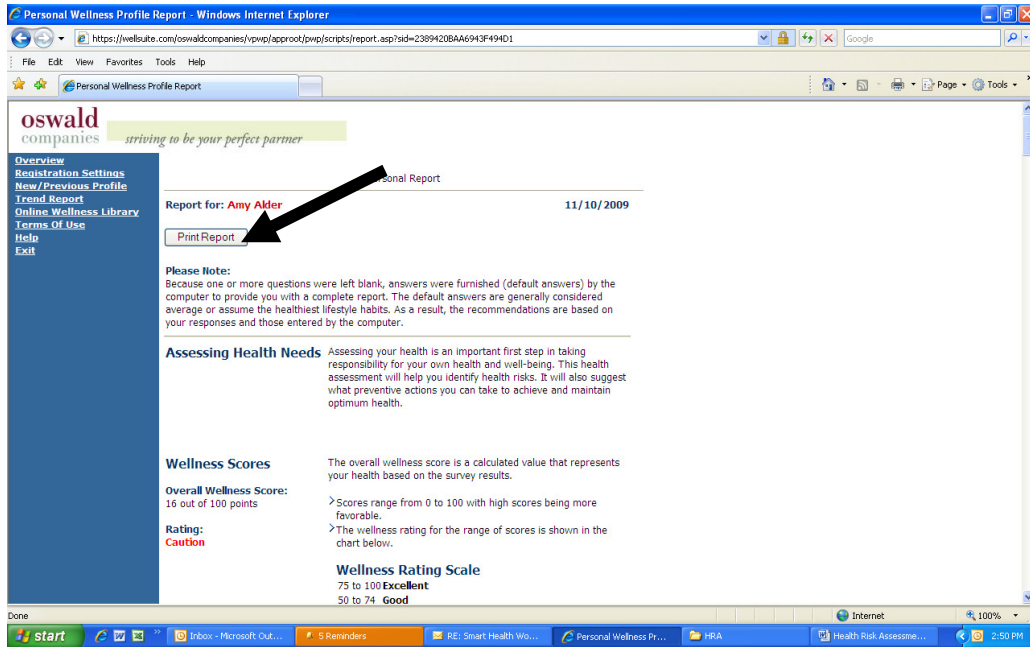
3. Waist Girth
inches cms

4. Hip Girth
inches cms

5. Body Composition

Print Report

5. You will be taken to a screen highlighting your personal wellness score and recommendations. Click “**Print Report**” to view your completed report.



6. Click on “**Exit**,” and you are finished!