Frequently Asked Questions
When Taking A Health Risk Assessment (HRA)

What is a Health Risk Assessment (HRA)? It’s a health behavior and wellness status questionnaire that consists of approximately 40 questions and should take between 10 to 15 minutes to complete.

What are the purposes of this HRA?
- Collect health-related information from participants to determine their risks for certain health conditions
- Educate participants about the risks associated with certain behaviors.
- Promote communication between participants and health professionals about specific concerns when necessary.
- Motivate participants to make health behavior changes that reduce risks.
- Reinforce positive behaviors.
- Encourage participants to recognize personal responsibility for their health.
- Quantify aggregate risk data of specified groups.
- Determine through aggregate data appropriate worksite health programs to offer.

Is taking the HRA mandatory?
No, it is voluntary, but please keep in mind that this is a great opportunity to assess your lifestyle choices and the impact that it has on your health.

Who will see my results?
After you complete the HRA, your data will be scanned and an individual report will be processed by the ConnectiFIT Team. You may also have a private consultation to review your report with a ConnectiFIT Health Educator. After all the data has been collected, the ConnectiFIT Team will also produce an aggregate report of all of the participant’s data. This anonymous information will be used to provide a better direction in wellness programming at the Department of Health.
Will a copy of my personal report be sent to Human Resources?  
No. The report is for your benefit.

Will my name be on the HRA?  
No, you will not enter your name, but rather a personal identification number that will be randomly given to you. This number may be used to see your progress from one HRA to another after participation in ConnectiFIT Worksite Wellness Programs.

Do I have to answer all the questions on the HRA?  
All questions have to be answered in order to generate an accurate report and individual health scores. Please answer all of the questions to the best of your knowledge.

How is my score computed?  
Your score is based on the national health correlations with your responses based on Coronary Risk, Cancer Risk, General Safety, Health Age, Clinical Screenings, Nutrition, Fitness, Stress and Coping, and Substance Abuse.

What if my score is low but I feel fine?  
Your scores will reflect your risk behaviors and if you have high-risk behaviors than you are at an increase risk of overall adverse health outcomes. For instance, those who smoke or drink while driving have statistically a greater risk of illness or injury than those with fewer health risks. If your score is low, it is important to recognize your high-risk behaviors and try to adopt healthier behaviors to achieve wellness and live happy, healthier lives.

Who can discuss my Personal Report with me?  
If you have questions or concerns, a health educator from the ConnectiFIT Team can assist in answering your questions and giving your guidance along the way.

Does this HRA take the place of a physical exam?  
No, it does not. A physical exam looks for current medical problems. It is possible to engage in many high-risk behaviors without developing medical problems, at least in the short term.