

Health Risk Assessment Frequently Asked Questions

What is a Health Risk Assessment (HRA)?

The Health Risk Assessment is the first part of the three-phase program. The Health Risk Assessment (HRA) is designed to identify which health conditions an individual is at risk for and then offer interventions to help address those risks. This voluntary health screen program gathers sufficient information about you so that you can receive an informative Health Risk Assessment Report. The purpose of the report is to give you tools to help you take charge of your health and voluntarily make positive lifestyle changes. It is also to assist ThedaCare At Work in designing a wellness program to support your efforts.

Why should I participate?

Taking responsibility for your health can yield many benefits. While diet, exercise and a tobacco free lifestyle are key elements to good health, there are many risk factors that you may not be aware exist. Knowing and understanding the potential health risks you face is the first step to truly living a healthy lifestyle.

Why is UW Oshkosh offering this?

The Health Risk Assessment is part of a larger initiative. The goal is to assist employees with improving their health and reducing their risk and/or the impact of chronic health problems. The information gathered through an HRA is extremely useful from an employer's perspective. The information obtained provides:

- An overall picture of the health risks of its employee population
- Data on the health needs of the employees
- Breakdown information on employee risk populations

When the HRA program is repeated in subsequent years, the health profile is used to monitor and compare trends and improvements. Employers do not have access to individual health survey data but do receive an overall report that captures a health profile of the employee population.

What should I do with the information I receive?

The information you receive should be filed with your personal medical information. It is also recommended that you give a copy to your physician so they may keep it on file. The results can serve as a good reference point for past or future results.

What information is collected?

The self-assessment survey has 47 questions that cover:

- Medical History (Personal and family)
- Preventive Health
- Health Care System (Satisfaction with and use)
- Health Status (Physical, mental, and emotional health)
- Health Habits and Readiness to Improve

Measurements taken at the time of the blood draw include:

- Weight and Height (shoes off)
- Body Composition (upper body)
- Body Mass Index
- Blood Pressure

Laboratory Analysis:

- Venous blood draw or finger-stick screening
- Fasting lipoprotein panel
 - Total, LDL, and HDL cholesterol
 - Cholesterol/HDL ratio
 - Triglycerides
 - Blood glucose

Who will see my results?

Upon completion of the HRA, a personalized report is provided to help you better understand your health profile and needs. The HRA will score and rate overall healthy behaviors as well as health in key areas. The report will include comments on current healthy behaviors and offer suggestions for improvement where needed. Suggestions are generally linked to specific outcomes.

With this specific information the organization can identify the most prevalent health risks impacting their employees and create a plan to minimize them. This results in improved employee health and lower health care costs. The HRA is being administered by ThedaCare At Work. ThedaCare At Work has a contract with Healics® (Health Information Computer System) to use their health risk appraisal survey. The firm is located in Butler, WI. No employee specific information is provided to your organization, human resources representatives or to individual managers.

Can't I just have my doctor do this?

Your doctor can perform similar laboratory tests, however, they cannot provide aggregate results that we need to look at to evaluate our workforce as a whole. Our goal is to work with ThedaCare At Work to confidentially identify populations of employees with common health problems and, if possible, establish intervention programs to benefit all employees and their families.