

Living Well Tip of the Week

Informed individuals are more likely to address potential health care issues early, comply with treatments and interventions, and adopt healthier behaviors.

A health risk assessment (HRA) is a questionnaire developed to give you an overview of your health risks and strengths. For example, the HRA will ask you to answer questions about your diet, frequency of exercise, family history, safety and other risk factors.

Key benefits you'll receive when completing the Living Well Health Quotient:

- ✓ Helps you identify your personal health risks, provides recommendations for improving those risks, and informs you of the easy-to-use tools to help make healthy lifestyle changes.
- ✓ A Symptom Checker can help you determine if and when you should seek medical treatment.
- ✓ Health Topics that gives you current, reliable information about specific health conditions you may be interested in.
- ✓ Lifestyle Improvement Programs gives you the support and tools you need to stop smoking, eat healthier, manage your weight, improve your fitness, and even manage stress.
- ✓ Tracking tools allow you to chart your progress toward achieving specific health goals.
- ✓ Health Coach, through a series of convenient phone conversations, your Health Coach can help you establish your health goals — and create a personalized program to meet your needs.

When you are finished, you will receive a personalized health report online, complete with confidential feedback on possible health issues and how to address them.

For more information on how to complete your HRA go to <https://www.webmdhealth.com/ut>