

# Your Health Assessment | The Questions

this percentage can be based on section completion

Your  
Progress:  
200%

Welcome, Maggie!

This assessment will take you approximately 20 to 25 minutes to complete. It is a fantastic first step toward better health and

## Welcome message/intro to the HRA

does this get added to the API?

00:40



ALCOHOL USE

STRESS

EMOTIONAL HEALTH

SLEEP

SAFETY

OVERALL HEALTH

Section names will need to be added to the API

Is any text NOT included in the API?

**Health Status** and **Safety** sections don't display for on-site users

the "**planning ahead**" section will not be listed here since it's contingent on how well you do during the quiz. falls into 'overall'

# Your Health Assessment | The Questions

this percentage can be based on section completion



## Welcome, Maggie!

This assessment will take you approximately 20 to 25 minutes to complete. It is a fantastic first step toward better health and well worth your time!

|   |                     |
|---|---------------------|
| ✓ | MEDICAL HISTORY     |
| ✓ | HEALTH STATUS       |
| ✓ | PRODUCTIVITY        |
| ✓ | HEALTH CARE VISITS  |
| ▶ | PREVENTIVE SERVICES |
|   | PHYSICAL ACTIVITY   |
|   | NUTRITION           |
|   | TOBACCO USE         |
|   | ALCOHOL USE         |
|   | STRESS              |
|   | EMOTIONAL HEALTH    |
|   | SLEEP               |
|   | SAFETY              |
|   | OVERALL HEALTH      |

### PREVENTATIVE SERVICES

Do you have a usual primary care provider or team that you go to for current and new health problems?

- ☐ Yes
- ☒ No

[Back](#) [Continue](#)

Your answers are automatically saved, so you can leave and return if necessary.

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Congratulations, Maggie!

Taking the health assessment is a fantastic step toward better health. Below, learn about your strengths and risks and what you can do to improve your health.

ALERTS

- You may be overindulging in alcohol. If you think you have a problem or are abusing alcohol, you need to speak to your doctor.
- Your triglycerides are very high and you need to speak to your doctor.

Your detailed report:

Once you understand your strengths and risks, we'll help you create a customized plan for improving your health.

Create Your Plan

Needs Work

Nutrition

EXPAND FOR DETAILS

Well Done

Physical Activity

EXPAND FOR DETAILS

Well Done

Tobacco Use

EXPAND FOR DETAILS

Needs Work

Stress Management

EXPAND FOR DETAILS

Needs Work

Weight Management

EXPAND FOR DETAILS

Well Done

Sleep

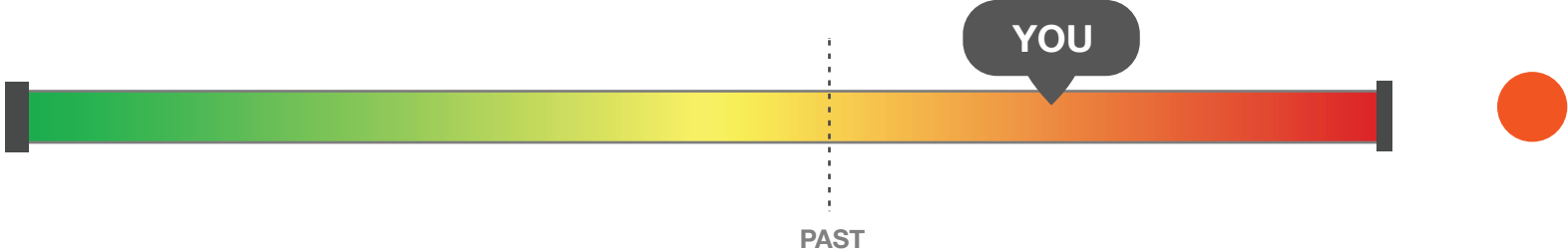
EXPAND FOR DETAILS

Know Your Numbers

About Your Conditions

Well Done Needs Work At Risk

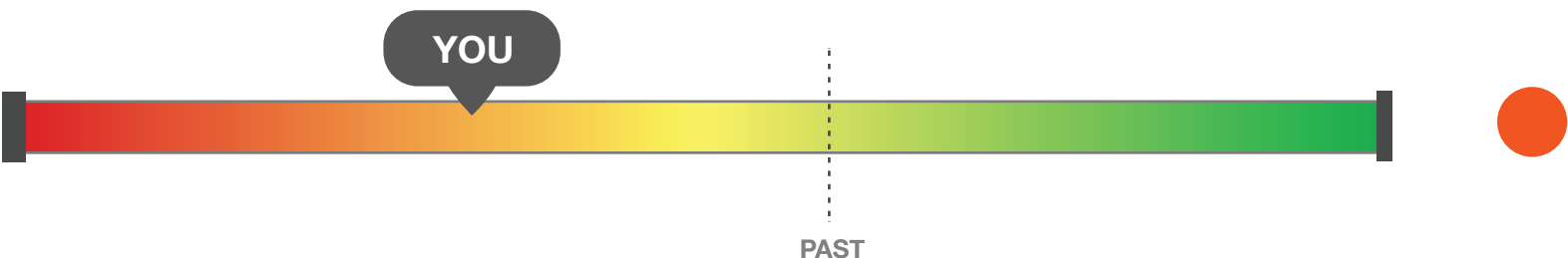
BMI  
34



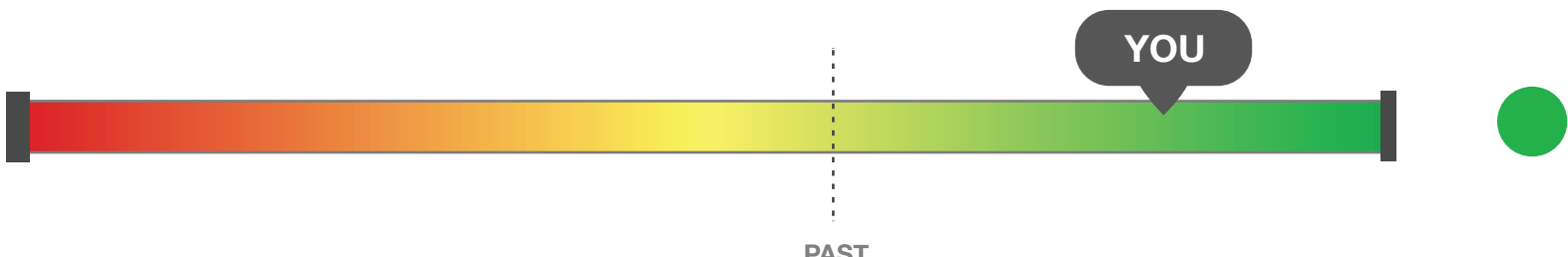
blood pressure  
115/75



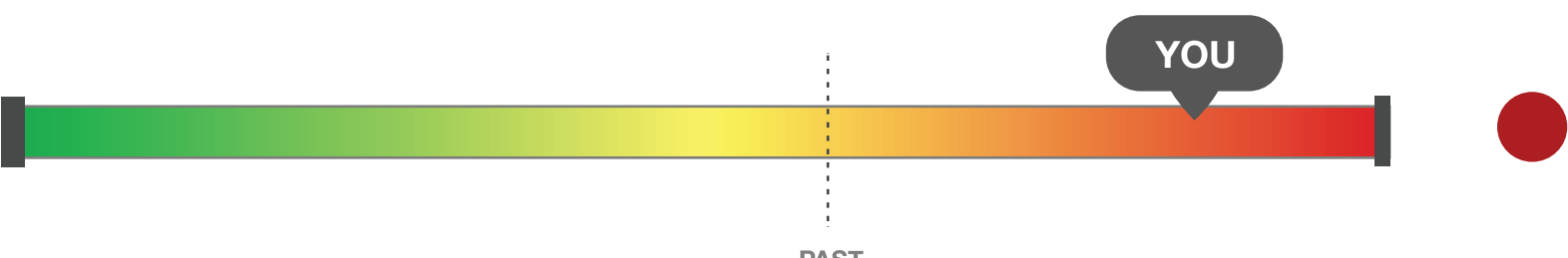
HDL cholesterol  
35 mg/dL



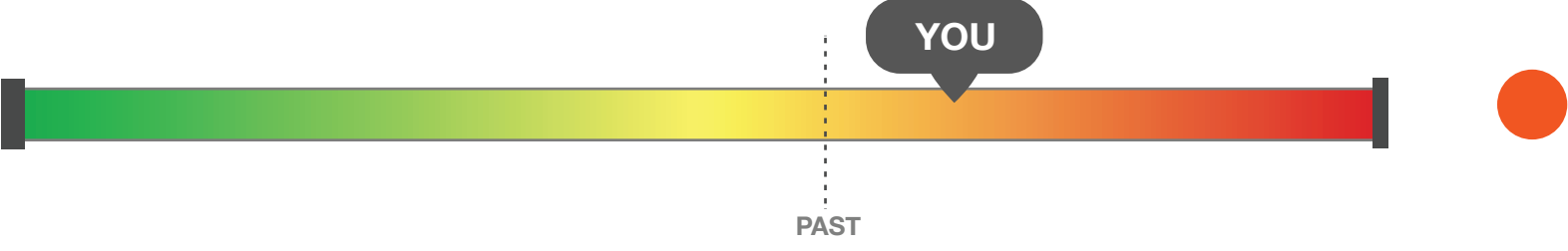
LDL cholesterol  
96 mg/dL



Triglycerides  
219 mg/dL



Blood Sugar  
100 mg/dL



A1C value  
5%



Improve your health today – create your personalized plan now!

Create Your Plan

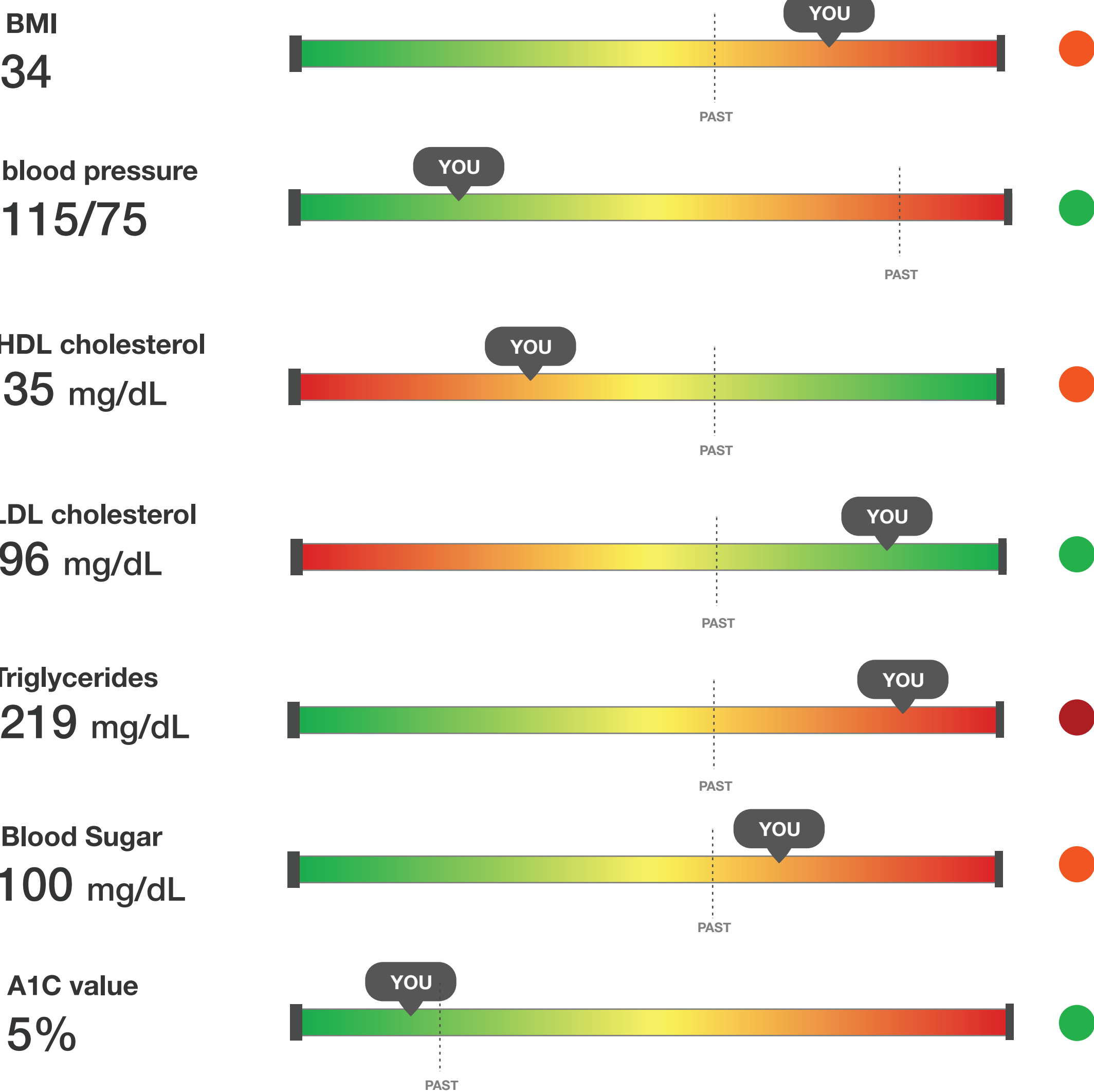


**Taking the health assessment is a fantastic step toward better health. Below, learn about your strengths and risks and what you can do to improve your health.**

Once you understand your strengths and risks, we'll help you create a customized plan for improving your health.

## Create Your Plan

# About Your Conditions



Improve your health today – create your personalized plan now!

## Create Your Plan





Congratulations, Maggie!

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Needs Work




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▶ EXPAND FOR DETAILS

Well Done



 Physical Activity

▶ EXPAND FOR DETAILS

Well Done



 Tobacco Use

▶ EXPAND FOR DETAILS

Needs Work



 Stress Management

▶ EXPAND FOR DETAILS


Needs Work




 Weight Management

▶ EXPAND FOR DETAILS

Well Done



 Sleep

▶ EXPAND FOR DETAILS

Know Your Numbers

About Your Conditions



You indicated that you have been diagnosed with the below conditions.

**Depression:** You are not taking the medication as prescribed by your doctor to manage depression. You should speak to your doctor right away about treatment options that will work for your lifestyle.

**Diabetes:** You have been diagnosed with diabetes, and your BMI indicates that you are obese. Losing weight is essential to your condition – and we have a weight-loss program that can help you.

**High Blood Pressure:** Simple dietary changes can have a huge impact on your blood pressure levels. We have an Eating Well program that can help guide you to managing your condition.

**High Cholesterol:** Simple dietary changes can have a huge impact on your cholesterol levels. We have an Eating Well program that can help guide you to managing your condition.

Talk to your health care provider about the following conditions

- Asthma
- Cancer
- Stroke
- Arthritis
- Chronic back pain
- COPD
- Coronary heart disease
- Anxiety
- Chronic pain
- Migraines
- Allergies

Improve your health today – create your personalized plan now!

Create Your Plan



Congratulations, Maggie!

Taking the health assessment is a fantastic step toward better health. Below, learn about your strengths and risks

Maggie, help us customize your plan.

Using the sliders, tell us how you feel about our recommendations.

| RECOMMENDATION | HOW IMPORTANT IS IT TO YOU TO DO THIS?               | HOW CONFIDENT ARE YOU IN YOUR ABILITY TO DO THIS?    |
|----------------|--|--|
|                | 0 = not at all important<br>10 = extremely important | 0 = not at all confident<br>10 = extremely confident |
| Eat Better     | <div><div></div></div>                               | <div><div></div></div>                               |
| Lose Weight    | <div><div></div></div>                               | <div><div></div></div>                               |
| Manage Stress  | <div><div></div></div>                               | <div><div></div></div>                               |

See my Plan »

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