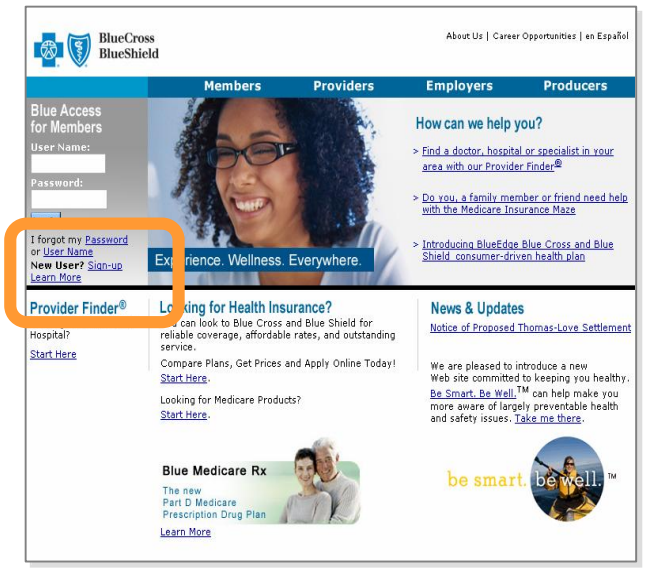
The Health Risk Assessment

BlueCross BlueShield of New Mexico

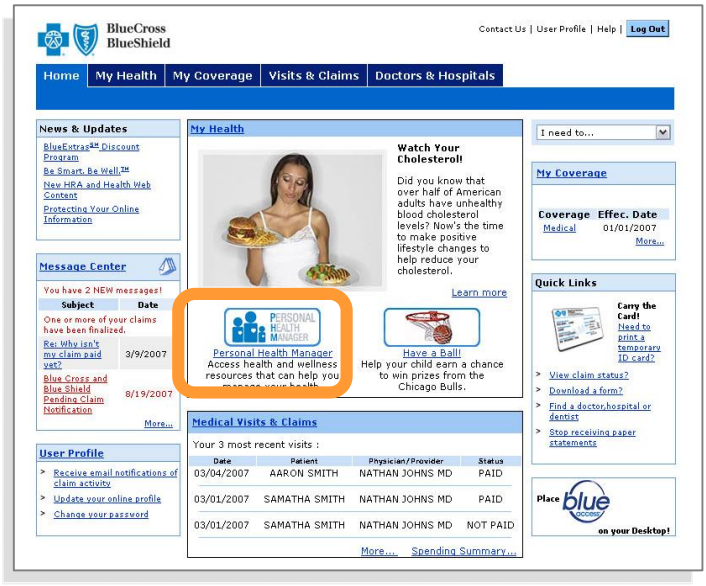
Our **Health Risk Assessment (HRA)** examines a memberôs overall health and well-being, and provides a personalized report that highlights areas where they could improve.

HRA Features:

- Å **Overall health and well-being assessment**
- Å **Additional assessments focused specifically on the four pillars of health** (Health & well-being, Sleep, Stress management, Nutrition, Fitness & physical activity, Back & joint health)
- Å **Members can take multiple times** per year
- Å **Online assessment** (paper format is also available)
- Å **Employer reporting** available annually



Log on to **www.bcbsnm.com**
to register for Blue Access® for Members, your gateway to the Personal Health Manager.



The Overall Health Risk Assessment (HRA)

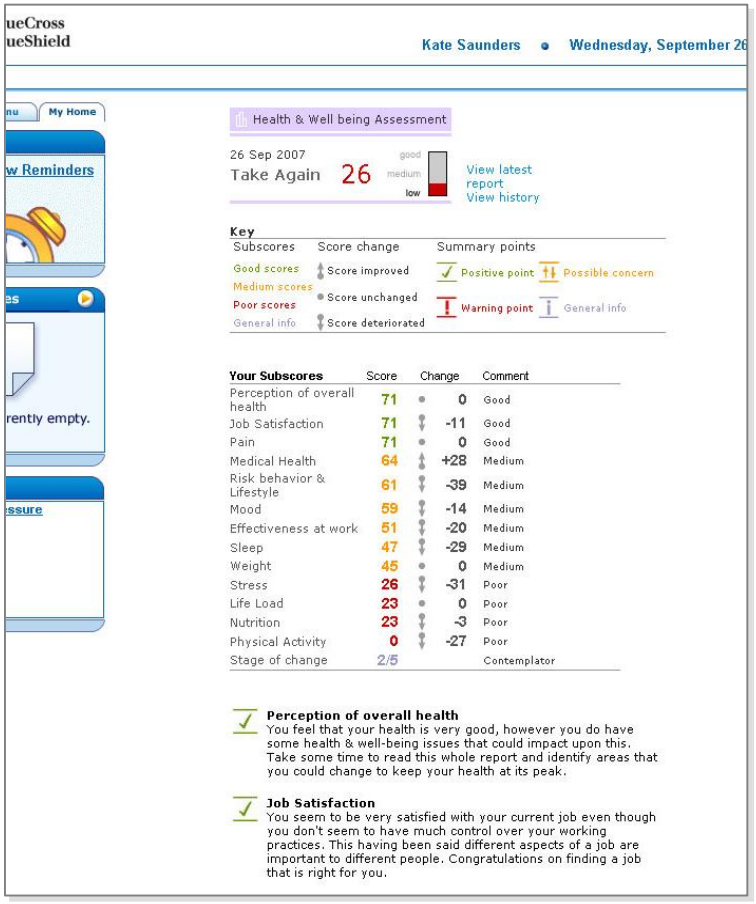
The Health Risk Assessment is located within the Personal Health Manager tool.
> looks at 13 key health, lifestyle and performance areas
> gives each member who completes it a personal report and a Health & Well-being (HWB) score from 0 to 100

Complete the assessment in as little as 10-15 minutes.

What Clinical Measures are helpful to have PRIOR to taking the HRA: *

> Blood Pressure
> Total Cholesterol
> HDL (High Density Lipoprotein)
> Blood Glucose (Blood Sugar)
> Height/ Weight
> Waist Measurement

* Not required but recommended to get the most value from the HRA report



Health & Well-being Report

At the end of the assessment you will have the option to view and/ or print the Health and Well-being report. It is very easy to read in a "stop-light" color coded format – green where items are good, yellow with concern and red areas of issue.

This report will discuss:

- Å Overall Health and well-being score (HWB)
- Å Status on their 13 key health and well being drivers.
- Å Give you specific ñNext stepsò including articles, resources within the Personal Health Manager.