

Health Risk Assessment

(Biometric Screenings & Online Appraisal)

Frequently Asked Questions

Q. What is a Health Risk Assessment (HRA)?

- A. The Health Risk Assessment is a two- part process, 1) on-site biometric screenings provided by Aurora Health Care, and 2) an online Health Risk Appraisal (a simple self reporting questionnaire regarding lifestyle, through the University of Michigan), which will help you to identify risk factors. (*You may view the sample tools online at www.marquette.edu.*)

Q. Risk factors - what are they, and why should I be concerned?

- A. Risk factors are categorized by two distinctions: modifiable and non-modifiable. Modifiable risk factors include cholesterol, blood pressure, smoking, inactivity, diabetes, obesity and stress. These are factors that can be changed and managed. Non-modifiable risk factors include increased age, gender, and family history (genetics). Some families seem to be prone to heart disease, diabetes, high blood pressure or high cholesterol. The more risk factors you have, the greater the chance of developing disease.

Q. What does the biometric screening consist of?

- A. It is a simple fingerstick test. The screening uses a state-of-the-art machine - *Cholestech* - which analyzes a few drops of your blood to determine your level of total cholesterol, HDL, LDL, triglycerides, and blood sugar. The results are available in about five minutes. Blood pressure, height, and body weight are also recorded. This data is a valuable indicator of your health and may identify disease previously unknown or help you to change those modifiable risk factors to prevent disease from occurring. **YOU WILL NEED THESE RESULTS TO COMPLETE THE ONLINE HEALTH RISK APPRAISAL.**

Q. Do I need to fast prior to the screening?

- A. Yes, because the screening includes glucose, triglycerides and LDL values, fasting for **12-hours** prior to the blood test is recommended. Fasting means **no** eating or drinking for **12-hours** before the test. **DRINK PLENTY OF WATER** during your 12-hour fast. Continue to take your prescribed medications as directed (including blood pressure and diabetic medications.) Avoid over-the-counter medications for 24 hours prior to your screening. Avoid smoking for at least 30 minutes prior to your screening. Wash hands of lotions. Plan to eat after your screening.

Q. What if I recently saw my physician and had lab-work performed?

- A. If you have recently (no earlier than December 1, 2012) seen your physician and the **same** lab-work was done, you may fax the results to Aurora Health Care at 414-525-2570 no later than May 17, 2013. You will use these results to complete the online Health Risk Appraisal. A copy of the form may be found at www.marquette.edu.

Q. What if I don't want to participate in the entire Health Risk Assessment, but would like to participate in some components of the process?

- A. You are free to participate in the entire Health Risk Assessment. Your participation in this process is voluntary. For all employees that participate in both the HRA and Biometrics there will be a 10% discount on your health insurance premium. Please understand that there will be **NO DISCOUNT** offered through Marquette University **IF YOU DO NOT COMPLETE BOTH PARTS OF THE HEALTH RISK ASSESSMENT**. (Biometric screening and online Health Risk Appraisal).

Q. Who is eligible to participate in the Health Risk Assessment?

- A. All employees and spouses/same sex domestic partners are eligible to participate. Cost of the assessment is paid by *Marquette University*.

Q. Do the Employee and Spouse/Same Sex Domestic Partner need to participate to receive the discount on the Insurance?

- A. All employees and spouses/same sex domestic partners are eligible to participate. The employee must participate to receive the insurance discount. Spouse and same sex domestic partner participation is not mandatory for the discount but is encouraged. Cost of the assessment is paid by *Marquette University*.

Q. Will Marquette University know about my results?

- A. No! Your results are confidential. *Marquette University* will **NOT** receive any individual health information. They will receive a group aggregate report that will assist them in developing future wellness programs.

Q. Why should I participate in the Health Risk Assessment - I live a healthy lifestyle.

- A. You should be commended for managing your health and reducing your risks. However, if you don't know your current cholesterol and blood pressure you may be unaware of risk factors that can be controlled or eliminated. An investment of 15 minutes could save your life!

Q. How do I prepare for the test?

- A. It's a simple 2-part process:
1. **Biometric Screening:**
 - A. Schedule your 15 minute onsite screening appointment:
 - Go to the online schedule link at www.marquette.edu
 - If you need assistance, call 1-877-765-3213, option 1
 - B. Fax your lab results to Aurora Health Care at 414-525-2570
 2. Go online to **complete your Health Risk Appraisal**, using your biometric or lab results. *See instructions at www.marquette.edu*
 - Please note: If you participated in the HRA process in 2012, make sure to **use the same Unique Identifier number and personal password** to receive comparison results. (i.e. **Marquette University Employee ID number, (Example: 000001234) must be nine-digits in length**).
 - If you have misplaced your personal password, click on box labeled "I've lost my password" and follow the online directions for assistance with the retrieval process.

Q. What if I miss the screening and/or online Health Risk Appraisal deadlines?

- A. **There will be NO EXCEPTIONS.** May 17 is the final date for any screening and the final date to complete the online Health Risk Appraisal, using the screening results. Once the dates have passed, you have missed your opportunity to save on your 2013 health insurance premiums.

Why you can't afford to miss this opportunity

- ✓ You will miss out on the **10%** Discount on your Employee Health Insurance premium (only employees receive the discount).
- ✓ The Cholestech results are obtained in five minutes, allowing for immediate education and recommendations.
- ✓ All information is CONFIDENTIAL with the complete results of your appraisal and screening immediately available upon completion.
- ✓ It will take a mere 15 minutes for the screening and 10 minutes to complete the online tool - **AND COULD SAVE YOUR LIFE.**