

## Clinical health risk assessments (CHRAs)

# YOUR QUESTIONS ANSWERED



A UnitedHealthcare Company

### What is a CHRA and why do I need to take it?

Completing a CHRA lets you learn more about your personal health status and possible areas for improvement. The online questionnaire is composed of questions about your general health, medical history and lifestyle habits.

### What happens after I complete my CHRA?

A personalized report will be available to help you learn how to lower your health risks to avoid developing a chronic medical condition in the future. You may wish to print out your CHRA report and take it with you on your next office visit to discuss your results with your physician. You also could benefit from completing an online action plan. The interactive tutorials offer tips and information for living a healthier life.

### If my CHRA report indicates I am overdue for a health screening or a flu shot, does that mean I have to have it?

It is not mandatory. The health and wellness program simply provides this type of information to make you aware of these important preventive practices.

### Will my employer find out if I have a health condition or an unhealthy lifestyle?

No. We keep your health information confidential and only use it to administer the health and wellness program. We follow current medical privacy standards set by applicable federal and state laws.

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**My CHRA report says I am at high risk for a chronic condition. How was my risk calculated?**

The future risk of disease is determined by the presence of a number of risk factors associated with that condition. For example, if you are at high risk for heart disease, your risk factors may include diabetes, tobacco use, high blood pressure, low HDL cholesterol and a family history of early heart disease. Your age and gender are also included in the calculation. The combination of these factors might put you at a higher-than-average risk for developing that condition. Risk assessments are based on national clinical guidelines or recommendations by organizations, such as the American Heart Association.

**I reported having five or more drinks on a single occasion. Does my alcohol use really put me at risk?**

The truth is that overuse of alcohol can potentially place you at risk for developing physical and social problems. Binge drinking is considered overuse. If you think you might be drinking too much, you may want to talk to your doctor. *(Source: National Institute on Alcohol Abuse and Alcoholism)*

**I believe I am physically fit, but my body-mass index (BMI) says I am overweight. What if I do not agree with my BMI result?**

BMI is the current, nationally accepted method to assess weight in the general population. Many people are surprised to learn that they fall into the overweight category. Studies show a BMI of higher than 25 increases your chance of developing a chronic illness. If it's above 30, your chance increases dramatically. We strongly encourage you to discuss your BMI result with your doctor. To learn more, visit [www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi).

**Is there a way to correct my CHRA answers if I realize I've made a mistake after it is locked?**

That depends. We are happy to discuss the mistake with you and, if appropriate, change the answer. We handle these types of situations case-by-case. Call our health and wellness team at **800-207-7680**.