



HEALTH RISK ASSESSMENT

Prevention is the key to a healthy life. Today, the leading causes for death, heart disease, cancer, and stroke are due to our own unhealthy lifestyles. The good news is that you can take steps to modify your behaviors to make healthy decisions that lead to overall good health.

The **Health Risk Assessment (HRA)** is designed to improve your health through individual assessment, and disease specific intervention and management. The screening is not meant to take the place of a physician visit, nor can it diagnose illness or medical problems. It will give you information relating to your health risks and overall wellness, helping you develop a plan of action to make healthy lifestyle changes.

The HRA will assess a broad scope of medical risks and lifestyle habits, including:

- Body Composition (Weight and Total Fat Analysis)
- Exercise and Physical Activities
- Nutrition
- Blood Pressure
- Cholesterol
- Stress
- Smoking
- Vehicle Safety

After completing your portion of the assessment, a report will be provided to outline the following:

- Your Unknown Risk Factors
- Suggestions for Improvement
- Customized Action Plan to Reduce Your Risks
- Confidential Results
- Alert for Health Risks That Require Medical Attention

BLOOD PRESSURE
CHOLESTEROL
GLUCOSE
PSA
BONE DENSITY
HEMOGLOBIN A1C

HRA

BODY COMPOSITION
FACIAL SKIN ANALYSIS

Get Educated! Visit This Online Resource for More Information.

Centers for Disease Control and Prevention - www.cdc.gov