



Healthy Solutions For Everyday Living

## Implement Your Health Risk Assessment (HRA) Now!

Through the Patient Protection and Affordable Care Act (PPACA), there is a profound emphasis on Wellness and Prevention. PPACA’s provisions all demonstrate an interest in supporting preventative programs as a means to find cost savings through encouraging healthy behavior. Organizations are encouraged to follow PPACA initiatives. The new health care law creates the foundation for creating a culture of health and prevention both in the workplace and beyond. Implementing the HRA for your participants will assist in gaining knowledge about your total population health risks, lifestyle behaviors and actions for health improvement. The HRA will generate process management reports, aggregate data reports and outcome reporting for the total population.

### Why HMC?

HMC fits in as the trusted advisor to assist you in navigating through the complexity of health care. We separate ourselves from the norm due to our experience, success, customizing and cutting-edge technology. Our philosophy and approach to personalize programs to your existing plans is your key to success. Now that Health care Reform is in effect, it is the perfect time to invest in the health risk assessment and value-based health programs which offer the best opportunity to impact medical cost trend.

HMC’s Health Risk Assessment Package is a scalable data driven assessment for populations aged 18 to 65. The HRA assesses: modifiable risk factors, chronic disease, readiness to change, future disease risk, compliance with preventive screenings and productivity. After a participant completes their HRA he/she will receive a personalized detailed report to keep on file. The HRA is based on published clinical guidelines and research and can be completely customized to fit your organizations needs.

Your Health Profile			
Click on a category in the summary chart to see the full text below.			
Health Summary	Current Aug-28-2009	Previous 1 Not available	Previous 2 Not available
Wellness score	76		
Chronic conditions impact	Moderate		
Future disease risk	High risk		
Age at time of HRA	45		
<b>Your Risk Factors</b>			
<b>Biometrics</b>			
Weight and BMI	Moderate risk		
Waist	Healthy		
Waist-to-hip ratio	Moderate risk		
Body fat	Incomplete		
Blood pressure	140/85 mmHg		
<b>Laboratory Results</b>			
Total cholesterol	210 mg/dL		
LDL cholesterol	170 mg/dL		
HDL cholesterol	50 mg/dL		
Triglycerides	160 mg/dL		
Fasting blood sugar	130 mg/dL		
<b>Lifestyle</b>			
Eating habits	Moderate risk		
Activity and exercise	Moderate risk		
Alcohol use	Healthy		
Tobacco use	Healthy		
Substance abuse	Healthy		
Stress	Moderate risk		
Motor vehicle safety	Healthy		
<b>Health Status</b>			
Self-rating of health	Good		
Sick days	1-3 days		
Physician office visits	4-6 visits		
Prescription medications	1-3 medications		
<b>Health Management</b>			
Physical examination	On target		
Blood pressure check	On track		

- PAPER BUBBLE HRA FORM - MAIL BASED
- CUSTOMIZED ONLINE PORTAL
- TELEPHONIC HRA
- HRA LONG & SHORT FORM

- SPANISH (ONLINE, TELEPHONIC AND PAPER)
- TELEPHONIC LANGUAGE TRANSLATION LINE
- PEDIATRIC (6-17 YRS)
- PERSONAL MEMBER USER REPORTS

For more information call 888-369-5054 or go online to [www.hmccompanies.com](http://www.hmccompanies.com)