

# Health Risk Assessment

(Biometric Screening and Online Questionnaire)

## *Frequently Asked Questions*

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

- A. The Health Risk Assessment is a two part process: 1) biometric screening and 2) an online Health Risk Assessment Questionnaire that you complete online utilizing your biometric screening results. It is administered through the University of Michigan, and is intended to help you to identify health risk factors. ([Go to http://www.marquette.edu/hr/hra.shtml for additional information](http://www.marquette.edu/hr/hra.shtml))

**Q. How do I get started?**

- A. **STEP #1: Complete your Biometric Screening:** You have three options available to you to complete this step. You will need these results to complete the online Health Risk Assessment Questionnaire.

**Option 1:** Schedule your 15 minute Aurora Health Care screening appointment.

- Appointments are available on-campus Monday-Saturday, and off-campus on Saturdays only. On-campus early morning and evening appointment times are available this year.
- To schedule your screening go to the [Online scheduling](#)
- If you need assistance in scheduling your appointment, call 1-877-765-3213, option 1.

**Option 2:** Have lab work completed by your Primary Care Provider between July 1, 2015 and November 21, 2015, and fax those results to Aurora Health Care at 414-525-2570 using the Primary Care Provider Form available on the <http://www.marquette.edu/hr/hra.shtml> website.

**Option 3:** Complete a comparable Biometric Screening at your spouse's employer-sponsored HRA screening and fax your results to Aurora Health Care at 414-525-2570.

**STEP #2: Complete your online Health Risk Assessment Questionnaire,** available from Oct. 26<sup>th</sup> thru November 23<sup>rd</sup>, using your biometric screening or lab results. Instructions are available at <http://www.marquette.edu/hr/hra.shtml>, or receive a copy during a MU-provided Aurora biometric screening (option 1 above).

- **Employees:** use your 9-digit Marquette ID number, (i.e. **012312312**), (NOT your social security number!) to log in.
- **Spouse:** use your 9-digit Unique Identifier number, (i.e. **JSM020756**) to log in. (Please refer to separate instruction sheet)



9-digit MUID  
underlined  
in red

- If you participated in the HRA process in 2014, in order to receive comparison results you will need to use the same password that you used last year. Password assistance is available from the online Questionnaire homepage.

**Q. What if I recently saw my primary care provider and had lab-work performed?**

- A. If you have recently (no earlier than July 1, 2015) seen your primary care provider and the **required** lab-work was done, you may fax the results to Aurora Health Care at 414-525-2570 no later than November 20, 2015. You will use these results to complete the online Health Risk Assessment Questionnaire. A copy of the Primary Care Provider form may be found at <http://www.marquette.edu/hr/hra.shtml>.

**Q. Do both the Employee and Spouse need to participate in the HRA to receive the discount on the Insurance?**

- A. **Yes!** The employee must participate to receive the insurance discount. In addition, **if your spouse is covered under your MU medical plan he or she must also complete the HRA** process in order for you to receive the insurance discount in 2016 on the family and employee + 1 plans. Cost of the assessment is paid by Marquette University if *Option 1* is utilized for the biometric screening step.

**Q. Can my dependent child participate?**

- A. **No.** Only employees and spouses are eligible to participate in the HRA program.

**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. Your participation in this process is voluntary. For all covered employees and spouses who participate in both the Biometrics and HRA Questionnaire there will be a 10% discount on the MU employee's health insurance premium only. Please understand that there will be **NO DISCOUNT** offered through Marquette University **IF YOU (and if applicable, your spouse) DO NOT COMPLETE BOTH PARTS OF THE HEALTH RISK ASSESSMENT**. (Biometric screening and online Health Risk Assessment Questionnaire).

**Q. What if I or my spouse miss the screening and/or online Health Risk Assessment Questionnaire deadlines?**

- A. **There will be NO EXCEPTIONS!** November 21, 2015, is the final date for any screening and November 23, 2015, is the final date to complete the online Health Risk Assessment using the screening results. Once the dates have passed, you have missed your opportunity to save on your 2016 health insurance premiums. The discount cannot be prorated if only one member of a couple completes the HRA requirements.

**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.

***Why you can't afford to miss this opportunity***

- ✓ *You will miss out on the 10% Discount on your Employee Health Insurance premium.*