

Take your health seriously,  
complete the HRA today



# A better take on your health

Your health is nothing to take lightly! Knowing your health risks can reveal potential problems that can become serious if not addressed. Taking a Health Risk Assessment (HRA) makes it easier to spot such problems. The HRA is a simple questionnaire that gives you and your doctor details to help control and treat conditions before they get worse.

Make it a priority to take the HRA—available online through Blue Access® for Members. Before you complete the HRA, be ready by having these numbers on hand:

- Blood pressure reading (systolic – the higher number, diastolic – the lower number)
- Total cholesterol level and HDL level
- Blood glucose (sugar) level
- Waist size in inches
- Height and weight measurements



Taking the HRA is your next step toward better health. Just log in to Blue Access for Members and click the Personal Health Manager icon. Find the *Know Your Risk* icon box, then select the *Take Your Health Risk Assessment* link.



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