

Health Risk Assessment- FAQ

1. What is a Health Risk Assessment?

This is a questionnaire that helps evaluate one's health and quality of life. It helps collect information of disease risk as well. After filling in an HRA, follow ups are important to help employees improve on their lifestyle choices. This assessment is a starting point between an employee's health and implementation of employee wellness programmes. Self-awareness can help adopt healthy habits.

2. Why should employees fill in these details?

An employee with a full-time job spends about 8 hours a day at work. In some cases, this could be more. On an average, if 40 hours a week are spent at work, it is vital that during this time, the employee makes healthy choices. The HRA gives a snapshot of an employee's health and mental well being as well. This also gives employers an understanding to their employee's attitudes to health and their willingness to improve. With an HRA, they are able to track the progress made and get help for areas that need improvement.

3. How to access HRA?

- Login to 1to1help account (For username and password, please see the launch mailer from 1to1help.net or call 1800-270-1790 toll-free)
- In case you have not registered earlier, go to <https://1to1help.net/> >> Click on Sign Up>> Registration>> Enter official email address>> enter details>> Submit>> You will receive a link on your email ID>> Click on the link>> update/reset the password>>submit>>Login using the username and password
- "Health risk assessment" will be visible in one of the grids or Select "Services" and it will be in the drop down.

4. What details will be asked?

The HRA covers details related to:

- Health Status and Family History
- Lifestyle Information
- Nutrition Information
- Medical Information

5. How long does it take to fill?

The questions on our HRA are closed ended ones, meaning that you don't spend a lot of time answering them. The whole exercise will take about 10-15 minutes of your time

6. What are the expected outcomes?

Filling out the HRA should be followed up by counselling (wellness and mental health) by trained professionals. The feedback helps employees work towards quitting unhealthy habits, reaching an ideal body weight, staying fit and active etc. From the mental health perspective, this can help with stress management techniques, time management, personality development and goal setting to name a few. The HRA in its own way can help reduce absenteeism, lower health care costs and result in happier more productive employees.