

# Completing the On-Line HRA Questionnaire

Questions? Please call 417-820-2790

(If you do not reach someone, please leave a message and your call will be returned by the end of the next business day, at the latest.)

1. Please click on the [Health Risk Assessment \(HRA\)](#) link to access the St. John's Health Risk Questionnaire located on the Office of Human Resources webpage under Wellness Incentives.
2. Our records indicate you registered on our site last year. Please enter your login ID and password below:

New user? [Register here](#)

### Existing user?

Login ID <input type="text"/>	<b>Forgot Login ID?</b> For help please call St. John's Health Plans Member Services at (417) 820 - 2172
Password <input type="password"/>	<b>Forgot Password?</b>
<input type="button" value="Sign In"/>	

\*If you do not remember your login ID or password:

Your Login ID is: **cccccccc**

If you do not remember your password, click on "forgot password". The system will then walk you through resetting your password. You will need to know your security question and answer.

Your security question is: **xxxxxxxxx**

Your answer is: **xxxxxxxxx**

3. Once you have successfully logged into the system, click on Health Risk Assessment in the menu column to the left. Then you will get a drop-down menu. Choose "HRA".

Home You are in: Home Wednesday, March 25, 2009

**Health Risk Assessment** (dropdown menu)  
HRA (selected)  
Administration  
Health Topics A-Z  
Healthy Living - a New Start  
Health Journal (dropdown menu)  
General Information  
Family History  
Allergies  
Immunizations  
Conditions  
Medications  
Preventive Care / Tests  
Health Trackers  
Reports  
Alerts & Reminders  
My Account

Welcome to the Personal Health Record!

Use the tools in the Health Journal, Health Topics A-Z, and Alerts & Reminders to better manage your health.

**Record information about your self and your family members**  
Use the Health Journal to record, track, and share the medical history of yourself and your family. Pages are printer friendly so they may be given to schools, physicians, and family members. Features include Conditions, Allergies, Medications, Trackers, and more.

**Access reliable health information**  
Use Health Topics A-Z to access thousands of topics including information on health conditions, medical tests and procedures, and everyday health and wellness issues. Topics focus on moments in care - from being recently diagnosed to living with a disease.

**Set alerts and schedule reminders**  
Use the alerts and reminders feature to keep you organized! Set alerts to be notified of upcoming appointments when logging into the PHR. Or, schedule reminders to be sent to your personal email address.

**Health Journal**  
Record and manage your family's medical information.

**Health Topics A-Z**  
Search for the latest in reliable health information.

**Alerts & Reminders**  
Set Alerts and schedule email Reminders.

**My Account**  
Update personal account information.

- You will be directed to the *Health Media* website. Read the letter, clicking on “Next” at the bottom of each page. You must agree to the privacy policy to continue past that page.

My HealthMedia



### A Letter From St John's Health System

Please review the information below, and click on Next at the bottom of the screen to continue.

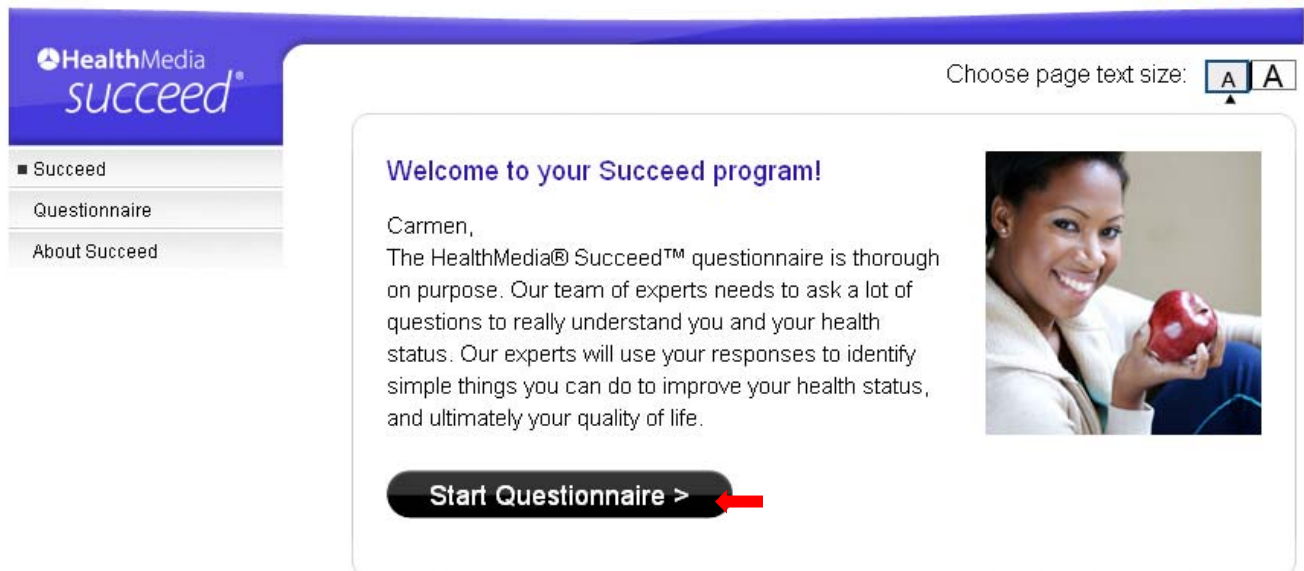
Dear Participant,

Thank you for your interest in our wellness program. As your Health and Wellness partner, St John's Health System is pleased to offer you a revolutionary health and wellness program provided by HealthMedia® (HMI). HMI's Healthy Lifestyle Program is *individualized and confidential* and is ideal for anyone interested in making healthier lifestyle choices.

- You have entered your personal *Health Media* Account. Feel free to utilize any of the features of this account. For the completion of your St. John's Health Risk Assessment, please complete the health questionnaire. Click on “Get Started”



- Click on “Start Questionnaire”



7. Answer the questions by clicking on the “radio button” that corresponds with your answer. At the end of each page, click on “save and continue”.

The screenshot shows the 'My HealthMedia' website interface. At the top right, there are navigation links for 'My Home', 'My Account', and 'Log Out', along with the 'MERCY ST. JOHN'S' logo. The main header features the 'HealthMedia succeed' logo and a text size selector. A left sidebar lists various questionnaire categories, with 'Weight Management' highlighted. The main content area is titled 'Weight Management' and contains three questions with input fields: 'How tall are you (to nearest inch, e.g., 6 ft, 00 in)?' with dropdowns for 5 feet and 7 inches; 'How much do you weigh (to nearest pound)?' with an empty input field; and 'What is your waist measurement (to the nearest inch, measured between the lowest ribs and the top of the hips)?' with an empty input field.

8. Once you have completed all questions, you will view the page below. Please click on “submit questionnaire” NOTE – YOU CANNOT CHANGE YOUR ANSWERS AFTER YOU CLICK THIS OPTION, so be sure you have completed all fields accurately. (If not, there is a link at the bottom of the page to go back and change answers.)

This screenshot shows the 'Submit Questionnaire' page. It features the same website header and sidebar as the previous page. The main content area is titled 'Submit Questionnaire' and includes a thank-you message: 'Thank you for completing the HealthMedia® Succeed™ Questionnaire. If you are ready to receive your personalized plan at this time, click on the button below.' A large blue box contains the text: 'Once you submit the questionnaire, you will not be able to go back and change your answers.' Below this text is a prominent blue button labeled 'Submit Questionnaire' with a red arrow pointing to it.

9. If you completed your questionnaire successfully, *Health Media* will then calculate your results. Click to review your report.

Your HealthMedia® Succeed™ Plan is ready! Click below to access it.

The screenshot shows a woman's head and shoulders in a blue top. To her right, the text reads 'your personal Guide is Ready'. Below this is a large blue button with the text 'Click Here' and a red arrow pointing to the right.

10. You will be given a “rating” on your current health status, as well as links to improve your lifestyle for optimal health. Again, this is your personal health account. Feel free to use any and all materials available to you on this site.

**HealthMedia**  
*succeed*

Succeed

▼ My Succeed Plan

- Welcome
- Weight Management
- Stress Management
- Physical Activity
- Nutrition
- Injury Prevention
- Skin Protection
- Tobacco
- Alcohol
- BP & Cholesterol
- Vaccines and Tests
- Moving Forward
- Printer Friendly Plan

Medical Library

Exercise Library

Stretching Library

Cookbook

Health Tools

Health Summary

Health Links

About Succeed

Choose page text size: A A

## welcome

**Mickey**, thanks for sharing so much about yourself and your health habits. Health is something that affects each and every one of us, but shapes our lives in different ways. This plan is designed to help you better understand your health. Your Lifestyle Score (76/100) is a summary of how well your health behaviors compare to national recommendations. The average score for all Succeed participants is 76.5. The Lifestyle Score includes behaviors like physical activity, diet, stress management, injury prevention, and more. These are the behaviors that are most likely to influence your risk of death and disease.

### Your lifestyle could use a healthy boost.

A score of 70-79 means you could use some improvement on a few health behaviors. We can help you improve your health and score by getting you focused.

