

Completing the On-Line HRA Questionnaire, New Users 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. Click on "New user? Register here".

New user? [Register here](#) 

Existing user?

Login ID

Password

Forgot Login ID?

For help please call St. John's Health Plans Member Services at (417) 820 - 2172

Forgot Password?

3. Enter your group key and click "Submit": **MSU-MSU**

Registration

To register, enter your Group Key:



Contact your Human Resources Department if you do not have your Group Key.

4. Review the Notice of Privacy Practices and click "I Agree"

NOTICE OF PRIVACY PRACTICES

Effective Date: December 1, 2006

NOTICE OF ST. JOHN'S HEALTH SYSTEM

NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

This notice will explain how we may use and disclose your medical information, our obligations related to the use and disclosure of your medical information and your rights related to any medical information that we have about you. This notice applies to the medical records that are generated in or by St. John's hospitals, clinics, home care and nursing home known hereafter as St. John's entities and facilities.

This notice also describes the practices of St. John's and that of any physician with staff privileges with respect to your Protected Health Information (PHI) created while you are a patient of St. John's. Physicians with staff privileges and personnel authorized to have access to your medical chart are subject to this notice. In addition, physicians with staff privileges may share medical information with each other for treatment, payment or health care operations described in this notice. Generally, we are required by law to ensure that medical information that identifies you is kept private. Further, we must give you this information related to our legal duties and privacy practices with respect to any medical information we create or receive about you. We are required by law to follow the terms of the notice that is currently in effect.




5. Click in each box and fill in your demographic information. Set your user ID, password and security question. Please **WRITE DOWN OR REMEMBER YOUR USER ID AND PASSWORD**, as these will be necessary when you log into this system. When finished, click "Submit". **Your personal "Wellness ID" is**

Personal Information - Tell us about yourself

* First Name:

Middle Name:

* Last Name:

* Date of Birth: 
(MM/DD/YYYY)

* Gender: Male Female

Email Address:

Verification Information

* Wellness ID:

Your wellness ID will be provided to you by your employer. If you have not yet received your wellness ID please contact your HR department.

SSN: - -

Account Details - Choose your login ID and password

* Login ID: (6-15 Characters)

* Password: (6-15 Characters)








* Retype Password:

Security Question Information

* Security Question:

* Security Answer:

7. 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 	<p>Welcome to the Personal Health Record!</p> <p>Use the tools in the Health Journal, Health Topics A-Z, and Alerts & Reminders to better manage your health.</p> 	<p>Health Journal Record and manage your family's medical information.</p>
HRA 		<p>Health Topics A-Z Search for the latest in reliable health information.</p>
Administration 	<p>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.</p> <p>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.</p> <p>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.</p>	<p>Alerts & Reminders Set Alerts and schedule email Reminders.</p>
Health Topics A-Z		<p>My Account Update personal account information.</p>
Healthy Living - a New Start		
Health Journal 		
General Information		
Family History		
Allergies		
Immunizations		
Conditions		
Medications		
Preventive Care / Tests		
Health Trackers		
Reports		
Alerts & Reminders		

8. 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,

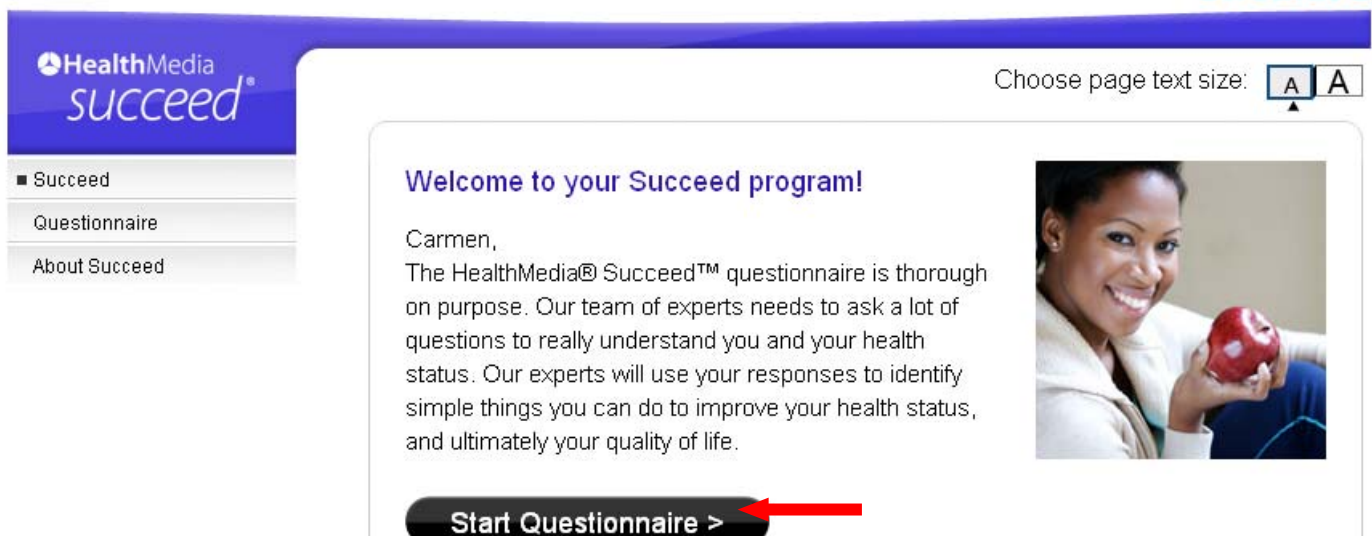
Thank you for your interest in our wellness program. As your Health and Wellness partner, St John's Health System is pleased to offer you a revolutionary health and wellness program provided by HealthMedia® (HMI). HMI's Healthy Lifestyle Program is *individualized and confidential* and is ideal for anyone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

9. 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”



10. Click on “Start Questionnaire”

ST. JOHN'S



11. 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 'Weight Management' questionnaire page. The page header includes 'My HealthMedia', navigation links for 'My Home', 'My Account', and 'Log Out', and the 'MERCY ST. JOHN'S' logo. The left sidebar contains a menu with 'Succeed' and 'Questionnaire' categories, with 'Weight Management' selected. The main content area has a title 'Weight Management' and three questions: 'How tall are you (to nearest inch, e.g., 6 ft, 00 in)?' with dropdowns for feet (5) and inches (7); 'How much do you weigh (to nearest pound)?' with a text input field; and 'What is your waist measurement (to the nearest inch, measured between the lowest ribs and the top of the hips)?' with a text input field. A text size selector is in the top right.

12. 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.)

The screenshot shows the 'Submit Questionnaire' page. The page header is identical to the previous page. The left sidebar menu is updated to include 'Submit Questionnaire' at the bottom. The main content area has a title 'Submit Questionnaire' and 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.' and a prominent blue 'Submit Questionnaire' button with a red arrow pointing to it.

13. 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.



14. 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.

The screenshot displays the HealthMedia Succeed website interface. On the left is a navigation menu with categories like 'My Succeed Plan' (containing 'Welcome', 'Weight Management', 'Stress Management', etc.) and 'Medical Library'. The main content area features a 'welcome' heading and a personalized message for 'Mickey' explaining the Lifestyle Score. A central graphic shows a score of 76 on a scale from 0 (Very Poor) to 100 (Excellent). A text box above the score explains that a score of 70-79 indicates a need for a healthy boost.

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.

LIFESTYLE SCORE
76

Very Poor 0 100 Excellent

15. **Please retain your login ID and password for entry into this system any time you wish. You will also need to retain your login ID and password for completion of the assessment next year.**