

Health Risk Assessment Instructions

Kirkwood Community College

PLEASE NOTE: The Health Risk Assessment (HRA) must be completed in order to receive your lab results from the blood draw. Please keep these instructions for logging back in to retrieve your results and utilize the personalized website for health and wellness information. All individual results are completely confidential.

1. Go to www.stlukescr.org
2. Go to "Quick Links" at the bottom, center of the page and select "Healthy for Life" (fifth selection down).
3. You are now on the HRA Member Logon page.



Member Logon

Please enter the following information and click on Logon to enter the site. First time users must register before they can access the site.

[Register now](#) | [Lost password](#)

Company

Member ID

Password

- a. If you took the Kirkwood online HRA last year:
 - i. Go to Company and select Kirkwood Community College from the drop down menu.
 - ii. Go to Member ID and type in the first letter of your first name, followed by your last name (no hyphens), then your eight-digit birthday, starting with the full year you were born, followed by the month and day. (Ex: Joe Smith was born on March 3rd, 1973. His Member ID would be jsmith19730303.)
 - iii. Type in the password you selected when taking the HRA last year.
 1. If you cannot recall that password, select Lost Password in the upper right corner and it will be emailed to you.
 2. If we do not have access to your email address and cannot email you your password, please call 319/369-8154 to have it reset.
- b. If this is your first year taking the Kirkwood online HRA:

- i. Select "Register Now" from the upper right corner.
 1. To register, you will need to provide the following information (this is a secure site):
 - a. Your Company ID: Select **Kirkwood Community College** from the drop-down menu
 - b. Your Member ID: Go to Member ID and type in the first letter of your first name, followed by your last name (no hyphens), and then your eight-digit birthday starting with the full year you were born, followed by the month and day. (Ex: Joe Smith was born on March 3rd, 1973. His Member ID would be jsmith19730303.)
 - c. Gender
 - d. Date of Birth
 - e. Email Address (used only for password resets)



New Member Registration

Please enter the following information and click on Register to continue with your registration.

Company	<input type="text"/>
Member ID	<input type="text"/>
Gender	<input type="radio"/> Male <input type="radio"/> Female
Date of birth	<input type="text"/> <input type="text"/> <input type="text"/>
E-mail address	<input type="text"/>

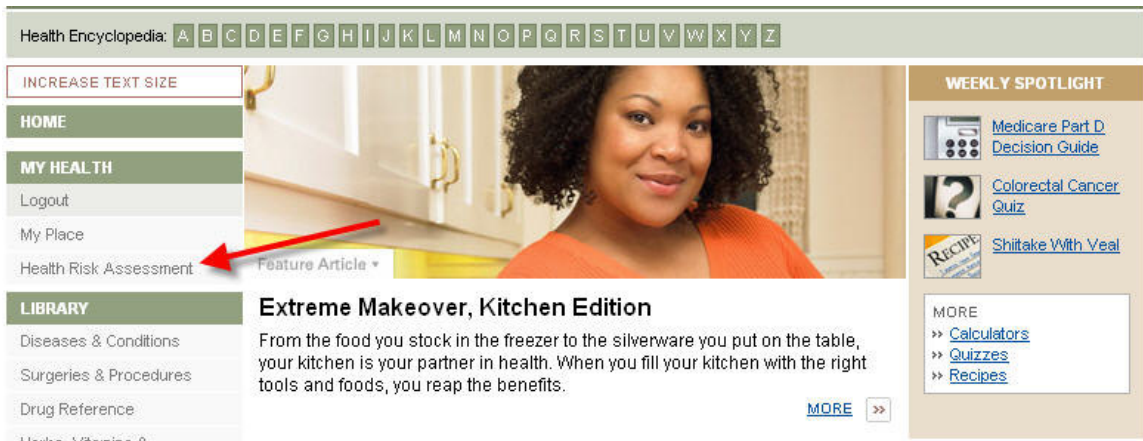
4. Click "Register" after completing.
5. Select a password when prompted.
6. You will be asked to accept the terms and conditions. In order to proceed, you must accept.

Please keep this password, Member ID (the first letter of your first name, followed by your last name (no hyphens), and then your eight-digit birthday, starting with the full year you were born, followed by the month and day), and this instruction sheet in a safe place that you can locate easily for future log-ins.

Member ID: _____

Password: _____

7. You are now logged on to your personalized homepage. Select "Health Risk Assessment" from the left hand menu.



8. Make sure your pop-up blocker has been disabled because your HRA menu will appear in a pop-up. Select “Start a New Assessment.”
 - a. If you are not directed to the HRA Menu, it may be due to having your Pop-Up Blocker turned on. To fix this, go to the menu bar at the top of the internet page. Select Tools, then Pop-Up Blocker, and then Turn Off Pop-Up Blocker.

Your Health Risk Assessment

Staywell QA1

This personalized assessment provides a profile of your present health and a glimpse of where you might be heading. You can view an evaluation of your answers in the report section after you finish the entire assessment. The report gives suggestions on behaviors that could lead to an improvement in your health.

Assess Your Health Risks

Understanding your health risks can help you to take control of your health.

Start a New Assessment

The health risk assessment contains a number of sections. You can complete each section independently or complete the entire questionnaire at one time. A copy of the assessment will be stored under the date you began working on it. You must complete all sections of the questionnaire and lock it to be able to view your results and personalized report.

Continue with an Assessment

You can return to complete an assessment at any time. A copy of the completed assessment will be stored under the date you began it. You must complete all sections of the questionnaire and lock it to be able to view your results and personalized report.

Review Results

Your personalized report provides the results of your health risk assessment and includes recommendations for lifestyle changes you can make to improve your health risks for the future. You can also print a summary report to share with your provider.

9. It will take approximately 15 minutes to complete the HRA. **Select “Lock HRA” at the end of the questionnaire** in order to see your individually customized wellness report. After locking the assessment you will receive the following message:

Congratulations! You have completed the assessment. Please note that this assessment is now locked and you cannot make any changes to it.

10. This report is available in a PDF to print out by clicking on the “User Report” for yourself or “Provider Report” for your doctor.

11. After completing the HRA, make sure to check out all of the health information on your personalized homepage. All this information, including recipes, health tips and more, is available to you 24/7, free of charge.

If you have questions about the on-line Healthy for Life health risk assessment, please contact Aaron-Marie Thoms, St. Luke's Work Well Business Liaison, at 319/369-8154.

If you have questions pertaining to your blood screen or Kirkwood Wellness, please contact Jill Williams, Kirkwood Wellness Instructor, at 319/398-5640.