



# CAREHERE HEALTH RISK ASSESSMENT

## WHAT IS A HEALTH RISK ASSESSMENT (HRA)

The CareHere Health Risk Assessment (HRA) is an in-depth analysis of 26 key lab panels plus other health measures indicating high cholesterol, diabetes, liver functions, chemistry levels, nutrition, prostate cancer, hypertension and more. From a blood draw and health questionnaire, you will receive a detailed report which explains your results through color-coded graphs to help you better understand your results. Armed with this powerful tool, you will be encouraged to discuss your health risks with the CareHere medical team in detail, prepare a plan of action, and track trends that are essential to healthy living.

## WHAT PANELS ARE INCLUDED IN AN HRA?

- Total Cholesterol
- Triglycerides
- HDL
- LDL
- Chol/HDL
- Glucose
- BUN
- Sodium-NA
- Creatnine
- BUN/Creat. Ratio
- Potassium-K
- Phosphate-PO<sub>4</sub>
- Chloride-CL
- Calcium-Ca
- Total Protein
- Albumin
- Globulin
- A/G Ratio
- Alk. Phos.
- LDH
- AST (SGOT)
- ALT (SGPT)
- GGT
- T. Billirubin
- Uric Acid
- Iron Serum

## HOW DO I MAKE AN APPOINTMENT FOR AN HRA?

1. Go to [www.carehere.com](http://www.carehere.com) and log on with your username and password (click "I forgot my username or password" if you do not remember).
  - a. Click **Appointments-SS** in the green navigation bar to the left of your screen.
  - b. Click **More Selections**
    - i. **When:** Select a date range that fits your schedule
    - ii. **What:** Select "Blood Draw"
    - iii. **Where:** You may select a certain location, or choose "All Clinics"
    - iv. **Who:** Select "All Providers"
  - c. Click **Get Appointments**
  - d. Find an open appointment, click **Make Appointment**
  - e. Enter "Health Risk Assessment" or "HRA" in the comments section
  - f. Click **Confirm Your Appointment**
2. Or, call 877-423-1330 to schedule your appointment through the CareHere Help Desk