



## Pasco County Schools' Employee Health & Wellness Centers Health Risk Assessment Instructions

*Start earning incentive money by completing a Health Risk Assessment (HRA)*

By completing your HRA and follow-up visit, you will obtain important information about your health and earn \$150.00 on a Visa prepaid card. In order to earn even more, be sure to participate in one or more of our wellness programs.

### What is an HRA?

The CareHere 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. You will be encouraged to discuss your health risks with the CareHere medical team, prepare a plan of action, and track trends that are essential to healthy living.

### 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

### Wellness Programs

There are a number of wellness programs available for free to HWC participants. Participants have an opportunity to earn up to an additional \$100 incentive reward by completing two (2) wellness programs. Below is a summary of eligible programs:

- Cholesterol Management
- Weight Management
- Beginners Exercise
- Healthy Eating/Pre-diabetes
- Tobacco Cessation
- Hypertension Management
- Stress Management
- Healthy Body/Healthy Mind

Watch your email for communications regarding additional Wellness Challenges that are offered during year. We hope you enjoy your access to free health & wellness services with CareHere!

---

Visit [www.pascogohealthy.net](http://www.pascogohealthy.net) for additional information about available wellness programs.