



HEALTH RISK ASSESSMENT

IMPACTING LIVES & IDENTIFYING RISKS

Achieving behavioral change is a journey, not a destination. The Agnesian Work & Wellness health risk assessment (HRA) is designed to effectively and easily identify those at risk. The HRA process is just the first stop on any wellness journey. HRA information is only useful if it is used to deliver the education and programs necessary to manage risks.

Participants will have a secured personal account they can access 24 hours a day, seven days a week to help reach their health goals.

Username: _____

Password: _____

HRA SURVEY INSTRUCTIONS

CREATE YOUR ACCOUNT

- Go to www.knowandgo.org
- Click on Agnesian Wellness Business Partner
- Under First Time Users, select "Click Here to Sign Up"
- Complete profile using formal name
- You can access and edit your information any time

COMPLETE YOUR HEALTH ASSESSMENT

- Click Health Assessment
- Takes about 15 minutes to complete
- Review your health risks identified in the report

EXPLORE THE SITE'S RESOURCES

- Use all different logs available (food, cardio, weight, etc.)
- Create a meal or fitness plan
- Find healthy recipes
- Read the latest wellness news
- Enroll in a workshop to learn more about your health!

The deadline for you to complete the HRA survey is: October 7, 2013

If you have questions or need assistance creating your account, please send an e-mail to workandwellness@agnesian.com or call Amanda at (920) 926-5678.

