

# City of Fond du Lac Wellness Program

## Completing the Online Portion of Your Clinical Health Risk Assessment (CHRA)

**Note: Completion of the 2012 IntegNet HRA and the UMR CHRA are required to be eligible for any reduction in employee premiums for the 2013 health plan.**

**If you are currently enrolled in the City of Fond du Lac Health Plan administered by UMR, your next step is to complete the online portion of the assessment.**

**You will need your test results and information from IntegNet (including your waist and hip measurements) to complete this online.**

It's easy to complete your Clinical Health Risk Assessment (CHRA). Simply follow the instructions below to get started! If you have any questions, please contact Customer Service at 1-800-207-7680.

### To Complete the UMR Clinical Health Risk Assessment (CHRA) Online:

1. Go to [fhs.umar.com](http://fhs.umar.com) anytime between August 7, 2012 and October 7, 2012. (Do not start or complete your CHRA before August 7<sup>th</sup>.)
2. Click on "**Members**".
3. If you have previously registered, please enter your username and password in the **Member login** section and click "**Submit**". Then, skip to #7 below.
4. First time users and those that need to re-register, click "**Need a Username? Register here**" located beneath the **Member login** box.
5. Select "**Yes**" to the question "**Do you have a benefits ID card?**" and select the option "**I am the employee/retiree**". Click on "**Continue**".
6. Provide the following information: a) First Name, b) Last Name, c) Member ID – enter the number on your Benefits ID card - no dashes, d) Group Number: **76010725** - no dashes, e) Date of Birth, f) Gender, g) Email Address (optional). You will then be asked to select a Username and Password as well as two Security Questions. Be sure to record these for future reference. Click "**Continue**".
7. Click on "**Get Started**" – located on the left side of the page in the "**Visit the My Health Center**" box.
8. Once redirected, click "**Start an Assessment**" – located in the menu bar on the left side of the page. The CHRA takes approximately 20 minutes to complete.
9. When you have answered all the questions on the CHRA, you must click on **LOCK HRA** to **SAVE** your CHRA. If the CHRA is not locked, it is considered incomplete and will not get processed!
10. To view or print a copy of your CHRA results for your records, click on "**User Report**".

You may receive custom email messages which are triggered by your online activities and/or CHRA.

### Your Clinical Health Risk Assessment (CHRA) Report

You will receive the results of your CHRA in the mail by November 7, 2012. The CHRA Report provides you with summary information about your health, lifestyle habits and readiness to make changes, if needed. All results are compared against nationally accepted calculations from the American Diabetes Association, American Cancer Society and the American Heart Association. If your report indicates you are at high risk for developing a chronic condition, such as diabetes or heart disease, you will want to share your report with your personal physician. Together you can discuss ways to reduce your risk and avoid or delay the development of a chronic disease. Explore UMR's helpful online "myHealthTools" to assist you in identifying health risks, setting goals and tracking your progress.

If you have any questions about your CHRA, please call UMR Customer Service at **1-800-207-7680**.

