

Health Risk Assessment

You will receive 10 points for completing this activity

Name: _____ Facility: _____

Instructions: Complete the free Health Risk Assessment (“HRA”) available through Sutter Health’s MyLifeStages website after your annual blood screening so that you are able to provide your vitals, such as blood pressure, cholesterol and triglycerides. Attach a print out of the “My Numbers” tab of the HRA results as proof of completion of the assessment, and complete the questions below. You may redact any personal health details that you would prefer not to share.

Health Risk Assessment link:

https://www.mylifestages.org/HRA/health_risk_assessment_overview.page

1. Did the HRA identify any health risks that were unexpected? If unexpected, why?

2. Did the HRA identify any healthy points that were unexpected? If unexpected, why?

3. Have the results of the HRA encouraged you to make any changes to your lifestyle for improved health and wellness? If yes, how?
