



2022 WEIGHT MANAGEMENT PILOT PROGRAM

What is a Health Risk Assessment?

A Health Risk Assessment (HRA) is a detailed health questionnaire that helps you monitor your risk factors and health status. HRA is different from a completed Physician Referral Form that you upload with your online application and is completed online through your health plan's website (AvMed, FloridaBlue, Aetna, and UnitedHealthcare). As part of the criteria, you are required to complete your HRA to be eligible to enroll in the program.

Below are the instruction on how to complete your Health Risk Assessment through your health plan. You will have to register to sign up as a first-time user. Please follow the instructions according to your health plan.

- **AvMed**

Click link for instruction on how to complete AvMed's Personal Health Assessment:

https://www.avmed.org/articles/-/asset_publisher/H1po9OEw5Ydm/content/take-your-pha/20182. Please contact AvMed at 800-882-8633 to assist you in completing their online health assessment or the phone number on the back of your health insurance ID card.

- **Florida Blue**

You can complete Florida Blue's Personal Health Assessment (PHA) by choosing either of the following (click link to follow instructions):

1. Log into your member account at floridablue.com. Click Health & Wellness, then Better You Strides.
2. Download the [Florida Blue mobile app](#) for submitting the PHA through the AlwaysOn mobile a from the Apple App store or Google Play. Click "New User." Complete the authentication step. Create your user name, password, and PIN.

If you have questions or need help registering for Better You Strides, call (800) 352-2583.

- **Aetna**

Click link on instruction on how to complete Aetna's health assessment: <http://www.aetna.com/employer-plans/document-library/corporate-wellness-program/simple-steps-health-assessment.pdf>. Please contact Aetna at (877) 858-6507 to assist you in completing their online health assessment.

- **United Healthcare**

The link to complete UnitedHealthcare health assessment is through Rally at <https://www.uhc.com/individual-and-family/member-resources/health-care-tools/rally>. If you log in to www.myuhc.com, select Health Resources then Health and Wellness and select Rally. Please contact the Rally customer representative to assist you at (844) 334-4944.

For incomplete HRA's, please send the Division of State Group Insurance (DSGI) a confirmation that you have completed your HRA by calling Michelle Riley at (850) 921-4609.