

2023 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, Capital Health Plan, and UnitedHealthcare). As part of the criteria, you are required to complete your HRA to be eligible to enroll in the program. You DO NOT need to send us a copy of your HRA but must indicate in your online application that you have completed it through your health plans website.

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/take-your-pha/>. 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**

To complete Aetna's health assessment, log in to your member website at Aetna.com and select "Well-being Resources. Please contact Aetna at (877) 858-6507 to assist you in completing their online health assessment.

- **Capital Health Plan**

1. Go to <https://chp.healthtrioconnect.com/app/index.page>.
2. If you have a CHPConnect account select the Log In link towards the bottom of the page. If you do not have a CHPConnect account, follow the instructions on how to set up your account. If you are already registered but don't remember your password, please contact Health Trio Customer Service at 877-814-9909.
3. On your CHPConnect home screen, find the Health Risk Assessment link within the left-hand navigation menu.
4. Select the Health Risk Assessment link. A new window will open. Click Accept, and you are now ready to begin!

- **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 applications with incomplete HRA's, please send the Division of State Group Insurance (DSGI) a confirmation that you have completed your HRA by calling **(850) 921-4609** and ask to be directed to Weight Management Program for assistance or email Weightmanagement@dms.fl.gov.