

# A Member's Guide to Taking a Health Risk Assessment

When it comes to taking a Health Risk Assessment (HRA), using the HealthCenter couldn't be easier. Follow the steps below to complete your HRA.



Visit the CoreSource website at [www.coresource.com](http://www.coresource.com) and select **Participants**.



Log in to your CoreSource account. If you are a new user, select the **Set Up Account** button under **New User** and fill in the necessary information to activate your account.



Select **Visit the HealthCenter**.



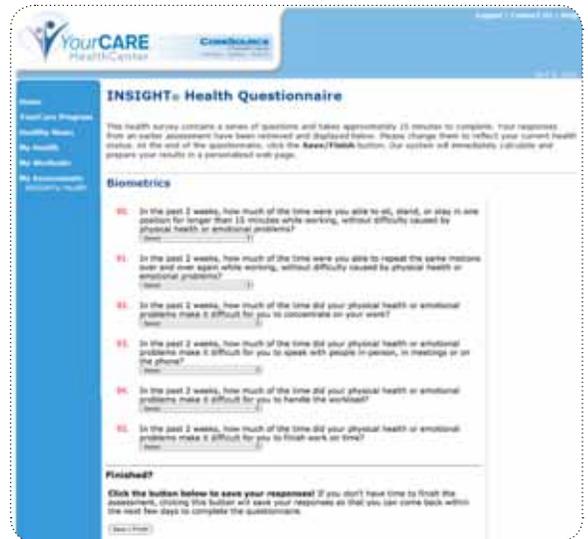
When you arrive at the HealthCenter, select the **Health Risk assessment** banner under **Get Involved**.

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Select **Click here to begin your Insight® Health Assessment**.

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Complete your HRA by answering the questions provided. Selecting **Continue** will move you through each page of the questionnaire. Select **Finish** at the end.

After answering all the mandatory questions, you can also save your progress at any time to return later, if needed, by selecting **Save**.

Discover why it is so important to complete your HRA today, and learn about your current health risks and what you can do to get healthier. Print out your results and share them with your doctor. Update your HRA every year to see how your Health Age improves as you make lifestyle changes. Here's to a healthier you!