

# Taking Your 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.

**1**

FMH CORESOURCE  
A Trustmark Company  
PERSONAL. FLEXIBLE. TRUSTED.

Sign in to myFMH.com

Username  
Password

Sign In

Forgot Password?  
Forgot Username?

Not registered?  
Create An Account

**Better. Faster. Personal.**

Welcome to myFMH.com, our new website designed to offer a better, personalized experience for clients, members and providers. myFMH.com offers enhanced capabilities and quick access to your information 24/7!

It's simple to use with a new look that we believe will make navigation and retrieval of information easier and faster. Sign in and click on the link "learn more about myFMH.com" for a demo of the site.

**Advantages for Members**

- Check claim status
- Access the new HealthCenter to help achieve personal health goals
- Send questions through the new message center
- Find a doctor and access plan documents

**Advantages for Clients and Brokers**

- Flexibility like never before

To take your HRA, go myFMH.com. Enter your Username and Password and select **Sign In**. If you are a new user, select the **Create An Account** button to register.

**2**

FMH CORESOURCE  
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Home Claims Enrollment Message Center Messages HealthCenter Links My Profile

SAM SAMPLE  
Employer

Member ID:  
Location/Division:

View My Claims  
Find a Doctor

Request an ID Card  
Request an ID Card

E-mail: test@test.com  
Update Contact Information >

You have 0 new claims.  
You have 2 open claims.  
View Accumulators >

News

Is Your Glass Half-Empty Or Half-Full?  
How you answer this age-old question reflects your outlook on life and your attitude toward yourself. Some studies show that whether you are an optimist or pessimist can affect many areas of your health and well-being.  
Read more >

Fighting Heart Disease  
Heart disease is the leading cause of death for both men and women in the United States, and more than one in every four deaths is caused

Select the **HealthCenter** tab on the righthand side.

**3**

YourCARE HealthCenter

health HOME

Welcome and thanks for visiting us. Use this site as your personal reference for the latest in health, fitness, and nutrition. Explore the site using the navigation on the left.

**REWARDS!**

Your Checklist

If checked off, activity is complete

- Health Risk Assessment
- Biometric Screening
- Health Coaching
  - Goal Completion - 1
  - Goal Completion - 2
  - Goal Completion - 3
- Gaps in Care

Learn more about the Rewards Program.

Check this out!

Check this out!

Want to earn a reward for improving your health?  
Check out the YourCare Health Rewards program to learn more.

**Get Involved!**

Follow these simple steps to participate in the YourCare wellness program.

- Learn about the YourCare screening process, what to expect, and schedule your appointment.
- Achieve better health, one step at a time. Take the health risk assessment today!

**SCREENING scheduler**

**HEALTH RISK assessment**

When you arrive at the HealthCenter, select the banner **Health Risk Assessment** (also known as an HRA) under "Get Involved."

**4**

YourCARE HealthCenter

INSIGHT® Health

INSIGHT® Health provides an opportunity to assess your health status and the lifestyle choices that influence your health and well-being. This comprehensive tool asks a series of questions covering smoking, safety, stress, nutrition, physical activity, prevention, and health history. INSIGHT Health also evaluates certain biometric measures, including weight, height, blood pressure, blood cholesterol, and blood glucose. A confidential, personalized report is automatically generated and provided to you using a secure internet protocol. Your report will include a summary of your results as well as suggested action plans and resources to help you better manage your health, behaviors and risks.

Congratulations on your decision to complete INSIGHT Health. It will take approximately 15 minutes. Please answer each question carefully.

**Click here to begin your INSIGHT® Health assessment!**

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

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April 9, 2015

### INSIGHT Health Questionnaire

This health survey contains a series of questions and takes approximately 15 minutes to complete. Your responses from an earlier assessment have been retrieved and displayed below. Please change them to reflect your current health status. At the end of the questionnaire, click the **Save/Finish** button. Our system will immediately calculate and prepare your results in a personalized web page.

#### Biometrics

90. In the past 2 weeks, how much of the time were you able to sit, stand, or stay in one position for longer than 15 minutes while working, without difficulty caused by physical health or emotional problems?

91. In the past 2 weeks, how much of the time were you able to repeat the same motions over and over again while working, without difficulty caused by physical health or emotional problems?

92. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to concentrate on your work?

93. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to speak with people in-person, in meetings or on the phone?

94. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to handle the workload?

95. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to finish work on time?

#### Finished?

Click the button below to save your responses! If you don't have time to finish the assessment, click this button to save your responses so that you can come back within the next few days to complete the questionnaire.

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!