



Complete an  
online HRA  
and earn \$5!

## Completing your Online Health Risk Assessment:

Before beginning the questionnaire, please have your medical information at hand with approximate dates of most recent preventive services, health screenings, and measurements, including your *height, weight, waist measurement, blood pressure, cholesterol* and *glucose test results*, if known. While none of this information is required, it will make your HRA profile more accurate and complete.

### 5 Easy Steps

#### Step 1:

Log in to your **"MyTakecare account."** If you do not have an account, you can create an account at [my.takecareasia.com](http://my.takecareasia.com). Click the "I'm a member" link and follow the instructions. **Note:** You will need your TakeCare Member ID number which can be found on your TakeCare insurance card.

## Health Risk Assessment Online Questionnaire

#### Step 2:

Once you have successfully logged into your **"MyTakecare account,"** navigate down to my **"Health Tools"** located in the middle of the screen, then click on **"Health Risk Assessment."**

#### Step 3:

Click **"Accept"** then **"Enter"**. This will prompt you to start the Health Risk Assessment Questionnaire.

#### Step 4:

Answer the questionnaire and don't forget to click, **"Submit."**

#### Step 5:

A Health Risk Assessment report will be generated. You can print a copy or revisit the site to obtain your results at any time.

A completed "Health Risk Assessment" questionnaire can only be submitted **once per benefit year**.