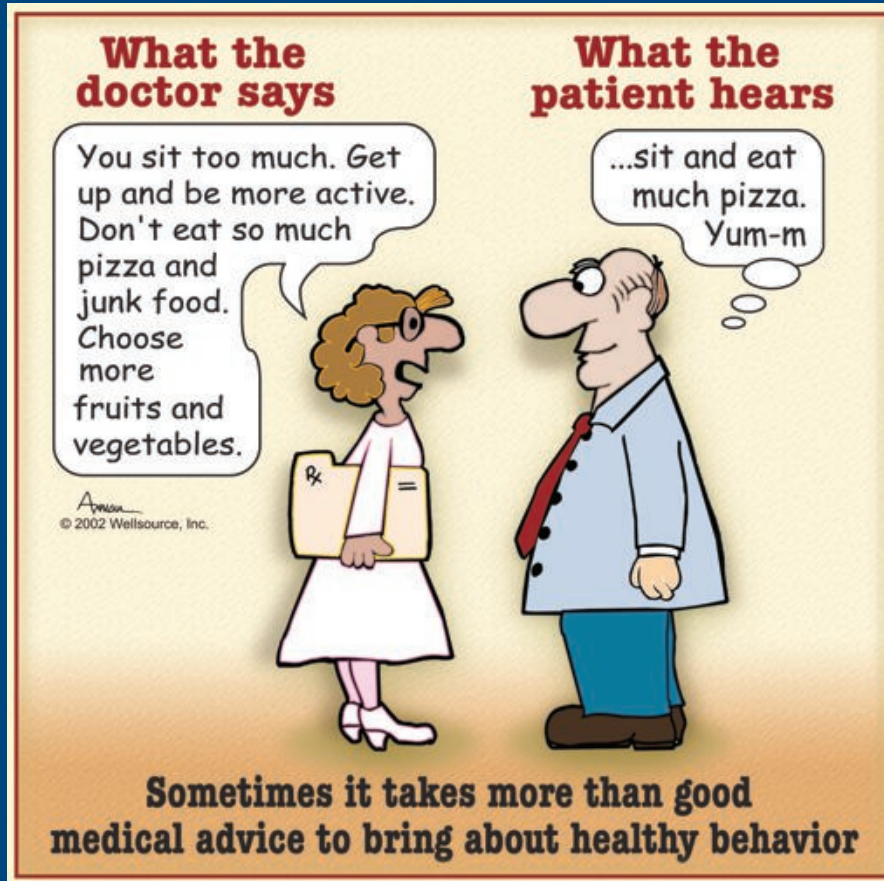


Health Risk Assessment



It takes an online HRA

A health risk assessment (HRA) is a short, confidential survey designed to assess your true health status. You will find out your:

- Wellness score
- Health age (how old you really are based on your current lifestyle)
- Areas of health you are doing well with
- How to improve your health

Visit www.mercycarehealthplans.com,

go to the "for members" link, scroll to "health education," then click "health risk assessment"

