

# Participate in the HRA Challenge!



**Be a Health Hero by participating in the HRA Challenge by completing your yearly Health Risk Assessment.**



Members who complete their HRA will be entered into a monthly raffle for \$100\* Amazon® gift card. If you've already completed your HRA, you're automatically entered for the next drawing. Winners will be notified by email.

## Why Health Risk Screenings Matter

A Health Risk Assessment (HRA) is a short check up that takes 10 minutes and helps your doctor understand your health better. Here's why it's important:

- **Helps Your Doctor Help You:** It gives your doctor important information to see if you need extra care or tools to stay healthy.
- **Stops Problems Before They Start:** It can find things like high blood pressure or high cholesterol early, so you can make changes before they become serious.
- **Finds Illnesses Early:** It can catch diseases before you even feel sick, which makes them easier to treat.
- **Gives You a Health Snapshot:** It shows how your body is doing right now, so your doctor can give you advice that fits you best.
- **Keeps You Feeling Good:** Catching problems early helps you stay active, feel better, and enjoy life more.
- **Gives You Peace of Mind:** Knowing your health status can help you feel more in control and less worried.

Completing your Health Risk Assessment (HRA) can really help your health. If you talk about it with your doctor during your check-up and make a plan of care together, you can also earn a \$10\* My Health Pays® reward!

**Doing a Health Risk Assessment (HRA) is quick and easy—and it can help you stay healthy! Here are four simple ways to do it:**



1. Ask your doctor to help you fill out an HRA at your next check-up.
2. Download the HRA form from our website and bring it to your next visit.
3. Fill out the HRA online through our website or your online account, and we'll send it to your doctor.
4. Use the form in your welcome packet—just fill it out and mail it back.

**If you need help completing your HRA, contact NH Healthy Families Member Services team at the number below today!**

\*Some restrictions and limitations apply. Each member can earn up to \$250 for certain cash and non-cash goods and services through June 30 each year. Rewards for preventive screenings and services do not apply to the \$250 maximum.

**1-866-769-3085  
TDD/TTY: 1-855-742-0123**

**NHhealthyfamilies.com**