On-line Health Risk Assessment (HRA) Questionnaire Instructions

**Employee**

Must be completed from March 2 – March 15, 2015

Before beginning the HRA questionnaire, have all your recent screening information available as well as approximate dates of recent preventative services (i.e., lab results, eye exams, flu shot, etc.)

You cannot change any data once you have completed and submitted the questionnaire.

1. To start the online HRA, go to [https://www.hmrc.kines.umich.edu/aurora](https://www.hmrc.kines.umich.edu/aurora)

2. The site will ask for your Social Security Number; **DO NOT ENTER YOUR SSN**! You MUST enter your nine digit employee ID number. Example: 012312312

   This is where you find your MUID number- see card image

3. Type in the Group Password: **MARQUETTE**

4. Type in your HRA password
   - If you completed the HRA in previous years use the same password to receive comparison results.
   - If this is your first time, create your own new password.

5. Click on gender type and answer the smoking question.

6. Click on Enter at the bottom of screen.

7. Complete the questionnaire and print out your report confirmation. (*You may return to the site at any time to review your results.*)

You cannot change any data once you have completed and submitted the questionnaire.

If you have questions, please call Aurora Health Care at 1-877-765-3213, option 1