Spouse Instructions

On-line Health Risk Assessment (HRA) Questionnaire Instructions

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

2. The site will ask for your Social Security Number; DO NOT ENTER YOUR SSN! You MUST enter a Unique Identifier in that field as illustrated below.

   **Unique Identifier**
   - First letter of your first name
   - First two letters of your last name
   - Your two digit birth month
   - Your two digit birth date
   - Your two digit birth year

   Example: John Smith, born 02/07/1956 = JSM020756

   Your Unique Identifier must be nine characters in length, with no hyphens or dashes.

3. Type in the Group Password = **MUOTHER**

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