

# HRA Frequently Asked Questions

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What are Health Risk Assessments (HRAs) and why are they important?

The tools used to implement wellness initiatives have become increasingly sophisticated. Health-risk assessments, which started as a self-reporting survey, now typically include blood pressure, height/weight ratios, cholesterol levels, hearing and other biometric tests that can be objectively measured and benchmarked.

Health-risk assessments are sometimes used to generate customized lists of diagnostic tests that should be performed in addition to basic tests to address that patient's risk factors. The results of these customized screenings can then be benchmarked and tracked to monitor the patient's progress in reducing the risks.