

Health Risk Assessment 101

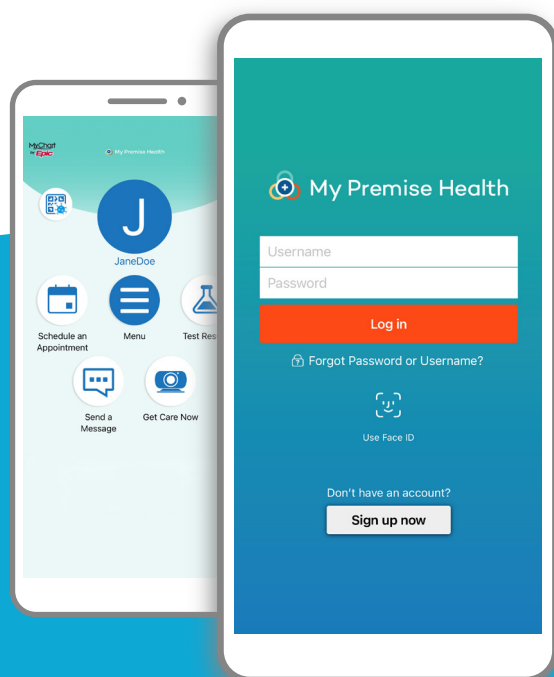
Prioritize your preventive care.



What is an HRA?

A health risk assessment (HRA) is a type of preventive care recommended to better understand your health and wellbeing.

An HRA includes a health questionnaire, bloodwork and vital sign screening to measure your cholesterol levels, nutrition, liver function, chemistry levels and more. It can identify the potential risk of diabetes, hypertension and other health concerns that could become more serious if not detected early.



Schedule your appointment to get started.

Create or sign into your account on mypremisehealth.com or through the app. Select “Schedule an Appointment,” then “Biometrics.” You can then complete your health questionnaire during eCheck-In or when you arrive for your lab appointment.

