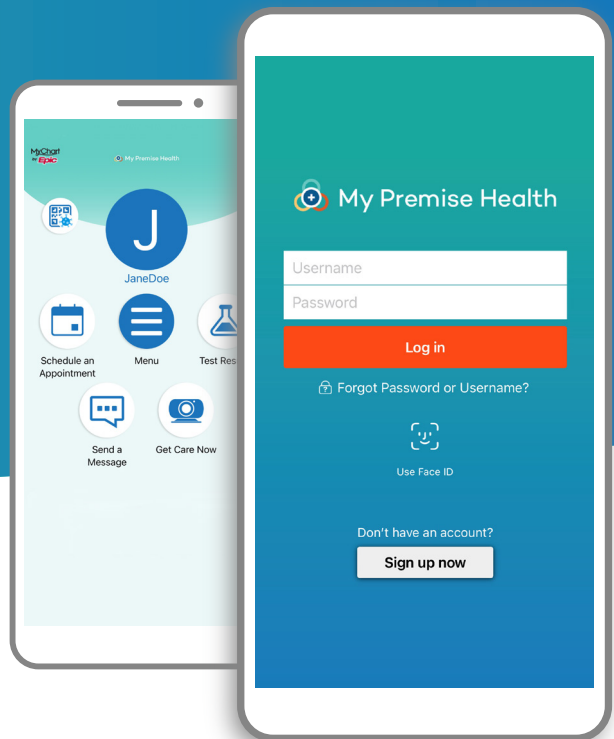


# Health Risk Assessment 101

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](https://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.

Butler Advantage Hamilton  
513.896.2398

Butler Advantage Sharonville  
513.896.2398

Butler Advantage Beavercreek  
937.458.2588

24-Hour Assistance  
937.375.2998

The My Premise Health App is powered by MyChart® licensed from Epic Systems Corporation, © 1999 – 2022.

### Who can use these services?

The HRA is FREE to employees and their spouses on the Butler Health Plan, and will earn participants a \$150 deductible credit on their 2023 medical plan.



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