Meet the Williams family… Carol, Mike and their daughter Samantha. Mike hears about the value of completing a Health Risk Assessment (HRA) – how the results can point to lifestyle choices he can make that will impact his health in a positive way. So, Mike decides to take that first step and find out where he stands in terms of his health.

Mike visits the UC Living Well website and clicks on the link to his medical plan’s website. After logging on, he accesses the HRA and learns that

- The process is completely confidential and
- The purpose is to provide him a better understanding of his health risks and what he can do to address those risks

Then Mike spends about 20 minutes answering a series of questions about his health history and health-related behaviors.

Mike receives a personalized report with details about his current health and potential risk factors. He talks over the report with Carol and decides to discuss the report with his doctor at his next visit.

Mike shares the results of the HRA with his doctor. The HRA indicates that based on family history and other factors such as his weight and inactivity, Mike may be at risk for diabetes and hypertension (high blood pressure). His doctor orders further testing and encourages Mike to start exercising and improving his diet.

Mike and Carol now take a nightly walk after dinner and enjoy a family bike ride with Samantha on weekends. Mike and Carol are also cooking and meal planning together to replace some red meat with fish, to eat more vegetables and whole grains, and to support each other as they eat smaller portions.

Completing a Health Risk Assessment can make a difference for you, too. Find out how by visiting atyourservice.ucop.edu and connecting to the UC Living Well site. Then click on your medical plan, locate the Health Risk Assessment, and complete it today.

Make wellness a priority in your life.