



How Healthy Are You?

What is a Health Risk Assessment?

A Health Risk Assessment is your first step to making positive choices that could improve your health. When taking the survey, you will answer questions that will help us to learn more about your health and find issues early. We will then explain ways we can work together to improve or maintain your physical and behavioral (mental) health. This important tool helps to create your wellness care plan, and you should update it at least once per year.

Why should I share this information with you?

You can trust CareSource to serve you with passion and respect. You can trust us not to share your health information. You can trust us to help you meet your personal health goals. You can trust us to be there for you and your family.

At CareSource, we are committed to providing Health Care with Heart. Help us get to know you better. Take a free health risk screening and find out:

- How healthy are you?
- Are you at risk for disease or illness?
- Do you need help with preventive care?
- How can you reach and maintain your healthy living goals?
- What services and support are available to help you get healthier?

1. Fill out a a Health Risk Assessment (HRA).

We make it easy for you:

ONLINE: visit [CareSource.com](https://www.caresource.com) and click the
“**Health Risk Assessment**” link on the right side,
under the purple bar called “**Learn More About**”

LEARN MORE ABOUT

TEXT4BABY

HEALTH RISK ASSESSMENT

WOMEN'S HEALTH

CARESOURCE FOUNDATION

Or, go directly to the secure member login: [My.CareSource.com](https://my.caresource.com)

THROUGH THE MAIL: fill out and mail the enclosed Health Risk Assessment using the provided business reply envelope.

2. Receive reminders to complete the HRA.

3. Access a customized care plan we create just for you.

Set up an account on our Member Portal at [My.CareSource.com](https://my.caresource.com).

It's easy, and you'll find FREE tips and tools to help you reach your healthy living goals.

4. Use your care plan.

Set up a routine health screening with your Primary Care Provider (PCP) after your plan effective date, to review your plan and help see the big picture. Visit your PCP at least annually. We will work with your provider to update your plan and ensure you're getting the best care for your specific needs. We are always available to meet with you routinely to make sure you receive coordinated care.

**If you need help completing the HRA or have questions,
we can help. Call Member Services at 1-855-202-0729
(TTY: 1-800-255-0056 or 711)
We are open Monday-Friday, 7 a.m. to 7 p.m.**


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