

Online Health Risk Appraisal Instructions

1. Go to the following web page: <https://www.hmrc.kines.umich.edu/grsource/>
2. Select your preferred language (English or Spanish) from the drop down menu.
3. Enter your Social Security Number* and Group Password (please see Human Resources for your company's group password).

* If you do not wish to share your Social Security Number, please use zeros for the first 3 digits then the last 6 digits of your Social Security Number (e.g., 000-55-5182).

NOTE: It is **VERY IMPORTANT** that you use the **same identifier** (social security number, partial social security number, etc.) **every year** so we can compare results from year to year. Please remember the identifier that you use and use it consistently.

4. **If this is your first time ever taking the HRA**, create your own personal HRA password, using at least 4 letters or digits. Enter it twice in the appropriate fields. After answering all of the questions, you will be given a Health Risk Appraisal Profile. You can reference it any time by logging back in with your personal HRA password. **If you completed an HRA in a prior year**, enter your password in the second box. If you do not remember your password, select "I don't remember my password".
5. Print out the last page of your Profile. Submit the top portion only (see below) to your Human Resources Department as proof that the HRA was completed. **BE SURE TO WRITE YOUR NAME ON IT BEFORE SUBMITTING.**

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 Health Management Research Center	
Health Risk Appraisal Profile	
	
Congratulations for completing your Health Risk Appraisal Questionnaire!	
Last update: August 23, 2006	