



Pima County Employee Wellness

Health Assessment Instructions and Frequently Asked Questions

1. What is the Health Assessment (HA)?

The Health Assessment (HA) consists of a series of questions that you answer about your health and lifestyle. Your confidential responses are then assessed to determine your health risks. Your confidential results provide you with immediate feedback on the current state of your health along with insight and answers on ways you can improve your health.

After completing the HA, you receive a personalized report with:

- An overall wellness score
- Top three areas for focus
- Health strengths and areas for improvement
- Key health measures and targets for smoking, blood pressure, cholesterol, weight and exercise
- Personalized goals

Your results will be used to customize your *Health & Wellness* page which will offer customized information and recommendations. This may include personalized messages reminding you when it's time for important screenings and check-ups.

2. What do I need to take the Health Assessment?

UnitedHealthcare Members should have either:

- Username and Password for myuhc.com if already registered
- Member ID #

Although not required, you should have recent blood pressure, cholesterol and triglyceride readings along with a list of current vaccinations, preventive screenings and date of your last checkup. Before you start filling out the questionnaire, you might also think about your lifestyle, such as how often you:

- Drink alcohol.
- Smoke cigarettes, cigars or a pipe.
- Exercise, or perform physical tasks like yardwork or washing the car by hand.
- Eat fruits and vegetables.
- Drive faster than the speed limit.
- Feel tense or depressed.
- Get a full night's sleep.
- Make plans to improve your health.

3. What type of questions are asked in the Health Assessment?

The Health Assessment asks questions about your lifestyle, habits, family health history, personal health history and readiness to change. Approximately 50 questions are included covering a variety of topics from your blood pressure readings, cholesterol numbers, smoking habits, seat belt usage, alcohol consumption, exercise habits, eating habits, height and weight, stress level and frequency of common health screenings and vaccinations.

4. How do I take the Health Assessment?

- Login to your account at myuhc.com.
- Click on the link for "Health Assessment" on the right hand side of the page.
- Follow the instructions provided.



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5. How long will the Health Assessment take?

Approximately 15 minutes.

6. What if I don't have time to finish all of the questions?

If you're not able to finish the questionnaire, as long as you don't click on the "SUBMIT" button, you can come back to the site later. Your answers won't be stored however, so you will need to start over, so plan on spending 10-15 minutes to complete all of the questions.

7. Will my personal results be shared with the County?

Your personal results are entirely confidential. Pima County may only receive an aggregate report that summarizes total average numbers to assist in planning Employee Wellness programs, and a list of employees who have completed the Health Assessment.

8. Can I receive follow-up health coaching?

Individuals who would benefit from the available online coaching programs are identified through their HA responses and invited via immediate HA feedback to sign up for an online coaching program. Topics include: Nutrition, Stress, Fitness, Weight Loss and Smoking Cessation. Additional Disease Management programs offered by UnitedHealthcare may also be available to you.

You may also contact Employee Wellness about on-site or telephonic health coaching. A health coach can assist you in managing a variety of health concerns.

9. If I have general questions about the Health Assessment, who should I contact?

If you have questions, contact Andrea Lightfoot, Wellness Program Manager at 520.740.8114 or send an e-mail to andrea.lightfoot@pima.gov.