

# HA campaign FAQ

## What is a Health Assessment (HA) and why should I take it?

The HA is an online assessment that asks a series of questions about your everyday health habits and behaviors. It covers a variety of topics, including physical activity, food selection and your health attitude. You will receive valuable feedback about your health and risk factors. Research shows that this feedback can help you understand your health needs. Awareness is the first step in making healthy changes that can reduce your risks and improve your quality of life.

## Who has access to my HA information?

The protected health information (PHI) you provide in the HA remains with WorldDoc. As with your other health information, WorldDoc is required by the federal Health Insurance Portability and Accountability Act (HIPAA) to keep your personal information confidential.

## Does my supervisor or manager know whether I complete the HA?

Your supervisor or manager will not have access to any of your personal health information. They will know that you took the HA only if you tell them.

## What will you do with my answers?

Some members of the wellness team will see a broad picture of employees' health as a group, but individuals will be anonymous. This information will help wellness staff identify the major health risks in your group and provide programs to address these risks.

## Will my answers affect my healthcare coverage or premiums?

No. Your answers to the HA will not affect your healthcare cost-share or premiums in a negative way.

## How long will the HA take?

The assessment will take 10-15 minutes to complete.

## How do I take the assessment?

The HA is available in your myModa account. Go to [modahealth.com](http://modahealth.com) and sign in.

If you don't already have a myModa account, creating one is easy. Visit [modahealth.com](http://modahealth.com) and click on "Create an account" in the myModa login box. With your Moda Health member ID card handy, follow the instructions to complete your registration.

