

Evaluate your level of health online

A clinical health risk assessment from UMR



UMR offers access to a voluntary, self-guided, clinical health risk assessment (CHRA) for City of Green Bay employees and spouses who are enrolled in the medical plan.

The online CHRA helps you focus on making healthy lifestyle choices and evaluates your risk for developing a chronic disease so you can take action to reduce your risks.

The CHRA is composed of questions about your general health, medical history and lifestyle habits.

Upon completion of the CHRA, a personalized summary will be available for you to print and share with your personal physician. Together, you can discuss ways to reduce your risk and avoid or delay the development of a chronic disease.

Here's how to get started:

- 1) Go to **umr.com**
- 2) Click *members*
- 3) Enter your member ID, located on your ID card
- 4) Click *Go to my online services*
- 5) If you are a new user, complete the registration process
- 6) If you have previously registered, enter your Username and Password and click *submit*
- 7) Click on the link or tab to *myCareManagementCenter*
- 8) Beneath *My Health Tools*, click *Get Started*

My Health Tools

In addition to the CHRA, your online My Health Tools offer Action Plans to help you track your progress toward your individual health goals and allow you to maintain a personal Health Record.

Action Plans are interactive online educational modules. By enrolling in an Action Plan, you can participate in programs such as Heart Disease Prevention, How to Increase Physical Activity, How to Stop Smoking, Managing Stress and Weight Management.

Your Health Record provides a secure, centralized location to record information such as your medical history, medications and emergency contacts. You can use the report feature to download and print this important information for your medical providers.

This program could add years to your life and life to your years.

For more information, call UMR toll-free at 1-800-207-7680 or visit the Web site **umr.com**.

It's free and confidential

There is no cost to participate, and your CHRA responses are confidential. No individual health information is shared with your employer.

