

Frequently Asked Questions

What is a Health Risk Assessment?

A Health Risk Assessment (HRA) is a series of questions concerning the things that affect your health. The Health Risk Assessment will help you understand your health status and what steps you can take to improve it. When you complete your HRA you will immediately receive your **Personal Health Report** with practical information and tips on how to live a healthier lifestyle.

Is this confidential?

Yes, your health screening results and your Health Risk Assessment are completely confidential. The county will not know individual results and the results will not affect your employment status or your individual health coverage.

How will the information be used?

The information be used by you directly as you learn ways to improve your health status. The information will be reported to your employer group in aggregate or grouped data only. This will help identify trends and direct the wellness programs accordingly.

What is wellness?

In 2005 Brevard County Government created the Employee Wellness Program with a mission to **increase health awareness, promote positive lifestyles, decrease the risk of disease and enhance the quality of life for Brevard County Employees.**

Why should I participate?

Participating in wellness programs and activities directly benefits the individual as well as the organization; healthy employees make happy employees. Brevard County Government Wellness Programs provides opportunities to employees to identify risk and help prevent the onset of disease and through the health plan, disease specific programs to help manage your condition. We hope all employees will take full advantage of the programs offered.