

Health Check Survey:

Frequently asked questions for employers

What is a Health Check Survey?

A Health Check Survey (HRA) is a health evaluation tool that provides participants with their potential risk for developing certain health conditions and recommendations for improving their health. The process may include one or both of the following:

1. Completing a health check survey about health history and factors such as stress, physical activity, nutrition, and safety practices
2. Participating in an on-site biometric screening that includes:
 - Finger stick blood test that measures total cholesterol, HDL (good) and LDL (bad) cholesterol, triglycerides, and glucose
 - Body Mass Index (BMI) and waist circumference
 - Blood pressure check

What is the benefit for our company?

Health behavior research has shown that helping people identify risks to their health facilitates the process of healthy change. Motivating and sustaining health behavior change is the key to improving population health and productivity. Healthy and happy employees create healthy and productive organizations.

To help participants make healthy changes, Clinical Programs staff identify and contact individual participants with certain risk factors. In addition, when your group meets participation requirements to receive aggregate data, the Health Check survey provides an aggregate view of the health of the participating population.

Why should employees participate?

A Health Check is a great tool for raising health awareness. Employees can track their results and health changes over time through ongoing health check surveys.

Individuals can be more prepared to prevent or treat certain chronic conditions and diseases by partnering with their health care provider. By helping employees take responsibility for their health and prioritizing prevention, they can live healthier and happier lives.

Is the Health Check Survey confidential?

All information collected for the Health Check is confidential, adhering to the Health Insurance Portability and Accountability Act of 1996 (HIPAA) and other federal and state guidelines. Information is shared in accordance with HIPAA and other state and federal guidelines.

How long will it take to complete the HRA questionnaire & biometric screening?

The approximate time to complete the questionnaire is 15 minutes. The biometric screening process takes approximately 15 minutes.

Who is the vendor for the Health Check Survey?

We have an agreement with Virgin Pulse for the health questionnaire and with IntegratedHealth21 for the biometric screenings.

What is the HRA data used for?

If your group meets participation requirements to receive aggregate data, Quartz will compile your group's de-identified data into a confidential summarized report to help your organization track health trends among the participant population. This report does not identify individual participants. You can also use the information to provide insights on health topics that may be relevant to your organization as well as for future educational and wellness programming.

Clinical Programs staff also use the Health Check survey data to identify and contact individual participants with certain risk factors.