

# Aetna Health Risk Assessment



**HEALTHY MICHIGAN PLAN** **Health Risk Assessment Instructions** **aetna**

Aetna Better Health of Michigan and Healthy Michigan want to help you get and stay healthy. We want to ask you a few questions about your current health, and use this information to better meet your health needs. The information you provide in this form is personal health information protected by federal and state law and will be kept confidential. It CANNOT be used to deny health care coverage.

We also encourage you to see your doctor for a check-up as soon as possible after you enroll with a health plan, and at least once a year after that. An annual check-up appointment is a covered benefit of the Healthy Michigan Plan. Contact your health plan if you need transportation assistance to get to and from this appointment.

If you need assistance with completing this form, contact your health plan. You can also call the Beneficiary Help Line at **1-800-642-3195** or **TTY 1-866-501-5656** if you have questions.

For help completing this form, please call the Healthy MI Population Line at **1-866-762-8507**.

You can also return the form by mail to:  
Aetna Better Health of Michigan  
1335 Gratiot Ave.  
Detroit, MI 48207  
Fax Number: 866-889-7572

To learn more go to [aetnabetterhealth.com/michigan](http://aetnabetterhealth.com/michigan) or [healthymichiganplan.org](http://healthymichiganplan.org).

**Instructions for completing this Health Risk Assessment for Healthy Michigan Plan:**

- Answer the questions in sections 1-3 as best you can. You are not required to answer all of the questions.
- Call your doctor's office to schedule an annual check-up appointment. Take this form with you to your appointment.
- Your doctor or other primary care provider will complete section 4. He or she will send your results to your health plan.
- There is a Healthy Behavior Reward for agreeing to address or maintain healthy behaviors on your health risk assessment. This reward can be a gift card or a reduction in monthly MI Health Account payments, depending on your income.
- Don't forget to complete a new health risk assessment each year.

After your appointment, keep a copy or printout of this form that has your doctor's signature on it. This is your record that you completed your annual Health Risk Assessment.

For questions and/or problems, or help to translate, call the Beneficiary Help Line at 1-800-642-3195 or TTY 1-866-501-5656.

Spanish: Si necesita ayuda para entender este formulario, por favor llame al teléfono: 1-800-642-3195 or TTY 1-866-501-5656

Arabic: TTY 1-866-501-5656

1-A...MI-PH... (Arabic text)

3/16/15 2:15 PM  
464378.000

## Understanding Aetna Health Risk Assessment

**Aetna health risk assessment** is a critical tool used by healthcare providers, insurers, and patients alike to evaluate an individual's health status and potential health risks. This systematic approach allows for the identification of risk factors that could lead to chronic diseases or other health complications, enabling more proactive management of health and wellness. In this article, we will explore the components, benefits, and processes involved in Aetna's health risk assessment, as well as how it can support individuals in improving their overall health outcomes.

## What is Aetna Health Risk Assessment?

Aetna's health risk assessment (HRA) is a structured evaluation designed to collect comprehensive information about an individual's health, lifestyle, and medical history. This assessment typically includes a questionnaire that covers various aspects of a person's life, such as:

- Current health status

- Chronic conditions
- Family medical history
- Lifestyle habits (diet, exercise, smoking, etc.)
- Mental health
- Social determinants of health

The primary goal of an HRA is to identify potential health risks and provide insights that can lead to personalized health interventions. The outcomes of the assessment can help guide individuals in making informed decisions about their health and wellness.

## **Components of Aetna Health Risk Assessment**

Aetna's health risk assessment is composed of several key components that facilitate a comprehensive understanding of an individual's health. These components include:

### **1. Questionnaire**

The heart of the health risk assessment is the questionnaire, which can be completed online, via phone, or in person. The questions are designed to gather information about various aspects of the individual's health, including:

- Medical history: Previous illnesses, surgeries, and family health history.
- Lifestyle choices: Diet, physical activity, alcohol consumption, and tobacco use.
- Mental health: Stress levels, anxiety, and depression.
- Social factors: Employment status, living conditions, and support systems.

### **2. Health Metrics**

In addition to the questionnaire, Aetna may also collect health metrics such as:

- Body Mass Index (BMI): A measure of body fat based on height and weight.
- Blood pressure: An indicator of cardiovascular health.
- Cholesterol levels: Important for assessing heart disease risk.

These metrics provide a more objective view of an individual's health status.

### **3. Risk Scoring**

After collecting the necessary information, Aetna evaluates the responses to generate a risk score. This score helps in categorizing individuals into different risk levels (e.g., low, moderate, high). The risk score is instrumental in identifying individuals who may benefit from targeted health interventions or additional support.

## **Benefits of Aetna Health Risk Assessment**

Conducting a health risk assessment has numerous advantages, both for individuals and healthcare providers. Some of the key benefits include:

### **1. Early Detection of Health Risks**

One of the most significant benefits of an HRA is the early identification of potential health risks. By understanding their risk factors, individuals can take proactive measures to mitigate these risks, potentially preventing the onset of chronic conditions such as diabetes, heart disease, or hypertension.

### **2. Personalized Health Plans**

The insights gained from the health risk assessment can lead to the development of personalized health plans tailored to the individual's specific needs. These plans often include recommendations for lifestyle changes, preventive screenings, and targeted interventions aimed at improving overall health.

### **3. Improved Health Outcomes**

By identifying risks early and implementing personalized health strategies, individuals can significantly improve their health outcomes. Studies have shown that proactive health management can lead to reduced hospitalizations, lower healthcare costs, and enhanced quality of life.

### **4. Enhanced Engagement in Health Management**

Participating in a health risk assessment encourages individuals to take an active role in their health management. It promotes health literacy and empowers individuals to make informed decisions about their health and wellness.

## **5. Support for Healthcare Providers**

For healthcare providers, Aetna's health risk assessment provides valuable insights that can enhance patient care. Understanding the risk profiles of patients allows providers to allocate resources more effectively and implement targeted interventions, ultimately improving the quality of care.

## **How to Complete Aetna Health Risk Assessment**

Completing an Aetna health risk assessment is a straightforward process. Here is a step-by-step guide:

### **1. Access the Assessment**

Individuals can access the health risk assessment through the Aetna member website or app. It may also be available through participating healthcare providers.

### **2. Fill Out the Questionnaire**

Users will need to complete the questionnaire, which typically takes about 15-30 minutes. It is important to answer all questions honestly to ensure accurate results.

### **3. Review and Submit**

After completing the questionnaire, individuals should review their responses for accuracy before submitting the assessment.

### **4. Receive Results**

Once the assessment is submitted, individuals will receive their risk score and a summary of their health status. This information may also be shared with their healthcare provider.

## **5. Follow Up**

Based on the results, it is advisable to schedule a follow-up appointment with a healthcare provider to discuss the findings and explore personalized health strategies.

## **Common Concerns and Misconceptions**

Despite the benefits of health risk assessments, there are some common concerns and misconceptions that individuals may have:

### **1. Privacy and Security**

Many individuals worry about the privacy of their health information. Aetna has strict policies in place to protect personal health data, ensuring that information is kept confidential and secure.

### **2. Complexity of the Process**

Some may find the health risk assessment process intimidating or complex. However, Aetna has designed the assessment to be user-friendly, ensuring that individuals can easily complete it with clear instructions.

### **3. Fear of Negative Results**

Individuals might fear discovering health risks through the assessment. However, it is essential to view the assessment as a valuable opportunity for early intervention and improved health outcomes rather than a source of anxiety.

## **Conclusion**

Aetna health risk assessment is a vital tool that empowers individuals to take control of their health. By identifying potential health risks early and providing personalized health recommendations, Aetna's HRA supports proactive health management and improved health outcomes. As the healthcare landscape continues to evolve, embracing tools like the health risk assessment will be crucial in fostering a healthier society. Whether you are an individual seeking to enhance your health or a healthcare provider looking to support your patients, the Aetna health risk assessment is a valuable resource that

can lead to significant health improvements.

## **Frequently Asked Questions**

### **What is an Aetna health risk assessment?**

An Aetna health risk assessment is a tool used to evaluate an individual's health status and identify potential health risks. It typically involves a questionnaire that covers various aspects of health, including medical history, lifestyle habits, and existing health conditions.

### **How can I access my Aetna health risk assessment?**

You can access your Aetna health risk assessment through the Aetna member portal or mobile app. Once logged in, navigate to the wellness section where you can find the assessment and complete it online.

### **What are the benefits of completing an Aetna health risk assessment?**

Completing an Aetna health risk assessment can help you understand your health better, identify areas for improvement, and receive personalized recommendations for wellness programs, preventive care, and lifestyle changes.

### **Is the Aetna health risk assessment confidential?**

Yes, the Aetna health risk assessment is confidential. Aetna takes privacy seriously and ensures that any personal health information collected during the assessment is protected according to HIPAA regulations.

### **How often should I complete my Aetna health risk assessment?**

It is recommended to complete your Aetna health risk assessment annually or whenever there are significant changes in your health or lifestyle. This helps ensure that the information is up-to-date and that you receive relevant health recommendations.

### **What types of questions are included in the Aetna health risk assessment?**

The Aetna health risk assessment includes questions about your medical history, current health conditions, medications, lifestyle choices such as diet and exercise, mental health, and family health history.

Find other PDF article:

<https://soc.up.edu.ph/43-block/Book?docid=CJB81-3176&title=nj-pesticide-core-exam-practice-test.pdf>

## **Aetna Health Risk Assessment**

*QUERY function - Google Docs Editors Help*

QUERY function Runs a Google Visualization API Query Language query across data. Sample Usage  
QUERY(A2:E6,"select avg(A) pivot B") QUERY(A2:E6,F2,FALSE) Syntax QUERY(data, ...

### **Función QUERY - Ayuda de Editores de Documentos de Google**

Función QUERY Ejecuta una consulta sobre los datos con el lenguaje de consultas de la API de visualización de Google. Ejemplo de uso QUERY(A2:E6,"select avg(A) pivot B") ...

### **QUERY - Справка - Редакторы Google Документов**

Выполняет запросы на базе языка запросов API визуализации Google. Пример использования  
QUERY (A2:E6; "select avg (A) pivot B") QUERY (A2:E6; F2; ЛОЖЬ) Синтаксис QUERY ...

*[video] [GOOGLE SHEETS] FUNCIÓN QUERY: FUNCIONES DE ...*

Ver en [GOOGLE SHEETS] FUNCIÓN QUERY: FUNCIONES DE AGREGACIÓN: SUM, AVG, COUNT, MIN y MAX 652 visualizaciones 4 votos a favor

### **[GOOGLE SHEETS] FUNCIÓN QUERY: USO DE LA CLÁUSULA SELECT**

[GOOGLE SHEETS] FUNCIÓN QUERY: USO DE LA CLÁUSULA SELECT Compartir Si la reproducción no empieza en breve, prueba a reiniciar el dispositivo. Los vídeos que veas podrían ...

BigQuery - Google Cloud Platform Console Help

Use a variety of third-party tools to access data on BigQuery, such as tools that load or visualize your data. Use datasets to organize and control access to tables, and construct jobs for BigQuery to ...

*Refine searches in Gmail - Computer - Gmail Help - Google Help*

Use a search operator On your computer, go to Gmail. At the top, click the search box. Enter a search operator. Tips: After you search, you can use the results to set up a filter for these ...

Set default search engine and site search shortcuts

Enter the web address for the search engine's results page, and use %s where the query would go. To find and edit the web address of the results page: Copy and paste the web address of the ...

### **QUERY - Guida di Editor di documenti Google**

QUERY(dati; query; [intestazioni]) dati - L'intervallo di celle su cui eseguire la query. Ogni colonna di dati può contenere solo valori booleani, numerici (inclusi i tipi data/ora) o valori stringa. In caso di ...

### **Fonction QUERY - Aide Éditeurs Google Docs**

Fonction QUERY Exécute sur toutes les données une requête écrite dans le langage de requête de l'API Google Visualization. Exemple d'utilisation QUERY(A2:E6,"select avg(A) pivot B") ...

### **Thoughts on W3C Certifications - The freeCodeCamp Forum**

Sep 1, 2017 · The certificates on W3Schools, however, are just random certificates on a random

Internet site—i.e., they're basically worthless and not worth paying money for. The title of this ...

## Your Thoughts on W3schools - The freeCodeCamp Forum

Jun 4, 2018 · I usually just use W3Schools as a quick reference. They do have some comprehensive stuff but it is not enough but hey, I use it as additional resource besides MDN ...

runoob[ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] - [ ]

[illegible]

**W3school** | **W3Cschool** | ||||| - ||

```

14-16w3schoolw3school
16 ...

```

## Why you should question W3Schools - The freeCodeCamp Forum

Mar 1, 2017 · For many beginners, W3Schools has structured tutorials and playgrounds that offer a decent learning experience. However, it would be a mistake to continue your education ...

## W3Schools - ☐

2011 1

W3Schools -

W3Schools | W3C | W3Schools | Refsnes Data | Try it yourself | W3C ...

W3Schools -

W3Schools W3School python123 Python123 -

Code not working - from w3schools - The freeCodeCamp Forum

Jul 5, 2018 · In what way do you believe that it is “not working”? The code is valid and when I copy it into a local file I see the expected results.

W3school □ W3Cschool □□□□□□□□□□□□ - □□

w3schoolw3cschoolw3schools312

Discover how Aetna health risk assessments can enhance your wellness journey. Learn more about their benefits and find out how to get started today!

[Back to Home](#)