



Health Risk Assessment

Ames MyFile HRA is a web based tool that calculates an individual's health risks based on the responses to questions about current health status, personal medical history, family medical history and lifestyle. The HRA is an on-line questionnaire, is quick and easy to complete and provides immediate feedback. The HRA report creates a personal baseline of health and wellness that can be used to identify key opportunities for health improvement. **Ames MyFile HRA** is comprised of the following components:

Online questionnaire

The questionnaire includes branching logic that presents questions to the user based on age, gender, and other data entered into the questionnaire. Once a questionnaire is completed, the user has the option to lock the HRA, which can provide permission-based access to health coaches, and/or health providers, to the online reports.

Assessment and Reports

Questionnaire responses will be assessed to identify and quantify the users' health risks in the following areas:

- Overall Risk
- Lifestyle Behaviors
- Health Status
- Laboratory Results
- Personal Health Management Compliance
- Current Medical Conditions
- Future Risk of Disease

Both the personalized report and a medical provider summary report (for use at their next medical office visit) are available online for the user to print and maintain. The HRA reports are color coded to insure that the user can quickly focus in on those health issues that are the most significant. HRA data is securely stored and identified by user ID, to allow for inclusion in population health management programs.



“...The Ames MyFile HRA helped me get a better understanding of my health risks, and what I need to do to improve my overall health and wellness.....”

Ames MyFile is unique, providing focused HRA's available for Adult, College Age, Teenager and Pediatric populations. The resultant findings on the HRA can be used by the system to facilitate the formation of a more targeted MyFile Action Plan. Ames MyFile Health Risk Assessment is one part of the total personal health management solution set that Ames offers.