

MANDATORY HEALTH RISK ASSESSMENTS

To be covered under The City of Round Rock health care plan, employees and eligible dependents (age 18+) must now complete a Health Risk Assessment (HRA). This assessment helps you as well as the provider understand your current health. The HRA identifies potential health risks that Healthstat, through Rockcare can help you manage. This is a truly unique benefit to employees. Having an on-site clinic provides convenient access to the resources that are needed to be engaged in your health. The clinic offers the tools necessary to maintain your health, prevent further issues and to get you healthier. The cost of using the clinic is free for employees and dependents (age 5+) covered under our health plan and all health information is kept strictly confidential between you and Healthstat.

HOW DO I COMPLETE THE HRA?

It is very convenient. Healthstat staff will visit the departments (indicated below) and administer the HRAs on-site. Please note, location, date and time. You will also need to complete a Health Risk Assessment Questionnaire. Employees and dependents can go to any meeting that is the most convenient.

If you do not receive an HRA during these visits, you can schedule your Health Risk Assessment (HRA) at the Rockcare Clinic by calling 866-959-9335.

You will have your height, weight and blood pressure measured. They will also do a fasting blood draw.

This means **NO FOOD up to 8 HOURS BEFORE YOUR APPOINTMENT TIME.** They measure total cholesterol, HDL, LDL, triglycerides and glucose. Please drink plenty of water, and take regular medications with water.

Date	Location	Room	Event Start Time	Event End Time
Monday, 07/25/2016	Police Department*	Training Room	6:00 AM	10:30 AM
Tuesday, 07/26/2016	Utilities/Transportation	Bull Pen	6:00 AM	8:00 AM
Wednesday, 07/27/2016	Fire Department Central*	Conference Room	6:00 AM	8:00 AM
Wednesday, 07/27/2016	General Services Office	Conference Room	1:00 PM	4:00 PM
Thursday, 07/28/2016	Baca Center	Grand Ball Room	6:00 AM	9:00 AM
Friday, 07/29/2016	Human Resources	Training Room	6:00 AM	10:00 AM

*Dependents Only (uniformed safety officers will have the HRA administered at the time of their annual physical).