

5. Complete the **Health Risk Assessment** online through Kettering Health Network. Link to the survey and instructions will be sent to your City email address.
***The link to the online HRA will be available beginning Jan. 1, 2020 and will be shared via all-city email and posted to the online Employee Portal.**
****This requirement is only applicable for the Employee and NOT the covered spouse.**

2020 Online Health Risk Assessment Instructions

One requirement of your 2020 Living Well Program is to complete an online Health Risk Assessment. **This is the only requirement that applies only to the employee and not the covered spouse.**

As a reminder, all Living Well Program requirements must be completed to earn your 2020 HSA/HRA contribution. Please reference the 2020 Living Well Program packet to review complete guidelines for the program. This packet can be found on the City's website (hamilton-city.org) by navigating to Government > Employee Portal > Benefits > Health Benefits, and then scrolling down to the Living Well section.

The online assessment consists of approximately 60 questions regarding health and wellness habits. This survey will provide a more comprehensive wellness picture by combining both biometric information and health habits. Kettering Health Network will use this information to better shape future wellness initiatives for City employees.

As with all components of your wellness program, the individual data collected by Kettering Health Network is confidential.

The link to the online Health Risk Assessment will be available beginning Jan. 1, 2020. It will be shared via all-city email and be posted on the online Employee Portal.

Questions? Contact KHN Community Outreach at (800)888-8362 or via email at healthyhamilton@ketteringhealth.org