

The New Mexico Health Connections (NMHC) general **Health Risk Assessment** (HRA) is a questionnaire (health survey) that we use to give our members an evaluation of any health risks they might have. The HRA also helps identify behaviors that might put members at risk for developing a chronic disease.

An HRA usually has four key elements:

1. A questionnaire
2. A calculation (score) of your health status
3. An automatic online report
4. Links to articles and other resources to promote health

NMHC encourages all members to take the HRA. However, NMHC members are not required to take it. Members will not be penalized in any way for not taking the HRA.

How NMHC may use the health information in your HRA

The information you share with us in your HRA is private. Only NMHC employees within the Medical Management division, including care managers, have access to the detailed results of each member's HRA. Our care managers can use your HRA information to help you find resources for specific conditions or healthcare needs that they identify. NMHC cannot give any other individual or organization your HRA information unless you give us consent to do so. Completing an HRA does not affect where or from whom you can seek healthcare services.

Consent to use the information in your HRA

Please note that by accessing and completing the HRA, you give NMHC your consent to use your health information for the intended purposes noted above. If you do give NMHC consent to share your HRA information, your information may be shared with our Medical Management employees.

We're here to help you stay healthy

The HRA is not a substitute for a checkup or physical exam that you get from a doctor, nurse, or other healthcare provider. It only gives you some ideas for lowering your risk of getting sick or injured in the future. You can also contact the NMHC Medical Management department at any time to learn about resources available to you to help you stay healthy. Contact us [online](#) or call us toll-free at 1-844-691-9984. We are available Monday through Friday, 8:00 a.m. to 5:00 p.m.

How to access the HRA

You will need to log in to the NMHC member portal—or register, if you do not already have a member portal account—at www.mynmhc.org/my-account-login.aspx. After registering and logging in to the member portal, you will see a link to the HRA on the home page.