

Health Risk Assessment (HRA)

Frequently Asked Questions

Q. What is a Health Risk Assessment (HRA)?

A. The Health Risk Assessment is a voluntary two-part process: A biometric screening and an online health assessment. The online assessment is administered through Virgin Pulse, Marquette's new Wellness vendor and is intended to help you identify health risk factors.

(Go to <http://www.marquette.edu/hr/hra.shtml> for additional information)

Q. How do I get started?

A. **STEP #1: Complete your Biometric Screening:** You have three options available to you to complete this step. Please keep a copy of the biometric results for your records.

Option 1: Schedule your 15-minute Aurora Health Care screening appointment.

- Appointments are available on-campus in the AMU and Dental School areas, Monday-Saturday, and off-campus on Saturdays only. On-campus early morning, afternoon and evening appointment times are available.
- [Online scheduling](#) is available for free biometric screenings. Click on the link or call 1-877-765-3213, Option 1. Please keep a copy of the biometric results for your records.

Option 2: Have lab work completed by your Primary Care Provider between July 1, 2018 and November 17, 2018. Fax those results to Aurora Health Care at 414-525-2570 **by 12 p.m. on November 17, 2018** using the Primary Care Provider Form available on the <http://www.marquette.edu/hr/hra.shtml> website. There is a spot on the form to include your email address, so you can receive confirmation from Aurora once this is received. **Please make sure to send in your Authorization for Disclosure with your results.**

Option 3: Complete a comparable Biometric Screening at your spouse's employer-sponsored HRA screening and fax your results to Aurora Health Care at 414-525-2570 **by 12 p.m. on November 17, 2018.** **Please make sure to send in your Authorization for Disclosure with your results.**

STEP #2: Complete your online health assessment. The health assessment is accessible on the NEW Virgin Pulse wellness portal join.virginpulse.com/MarquetteUniversity.

- Click on "Sign Me Up"
- Enter your information
 - Email – This can be any email of your choice
 - Password – Password must be a minimum of 8 characters and contain the following:
 - Lowercase characters (a through z)
 - Uppercase characters (A through Z)
 - Number(s)
 - Non-alphanumeric character (example: @! # \$ % *)
- Once logged in, you should be prompted to take the online health risk assessment. It can also be found under "Programs." If you need assistance logging in contact Virgin Pulse Customer Support at (888) 671-9395 or support@virginpulse.com.

Q. What if I recently saw my primary care provider and had lab work performed?

A. If you have recently (no earlier than July 1, 2018) seen your primary care provider and the required lab-work was done, you may fax the results to Aurora Health Care at 414-525-2570 **no later than 12 p.m. on November 17, 2018**. A copy of the Primary Care Provider form may be found at <http://www.marquette.edu/hr/hra.shtml>. **Please make sure to send in your Authorization for Disclosure with your results.**

Q. If I would like to earn my 2019 FSA/HSA contribution and I have a spouse on a Marquette sponsored health plan; is our contribution still earned jointly?

A. Yes. Both you and your spouse will need to participate to earn your full 2019 FSA/HSA contribution. This means that both of you will need to earn 15,000 points (reach level 4) to earn 100% of these funds. The total amount you can earn depends on the plan that you are enrolled in. However, the total amount can only be received if both you and your spouse participate. Since you can now earn partial contributions to your FSA/HSA for 2019, the total amount you will receive is based on the highest level that both you and your spouse achieve. This means if one of you reaches level four and one of you reaches level two, the highest level that you both achieved was level two. This means you would be awarded 50% of the total contribution that is offered. Information specific to each plan can be found on the [wellness portal](#) under "Health Plan Member Information"

Q. Can my dependent child participate?

A. **No.** Only employees and spouses are eligible to participate in the HRA program.

Q. What if I do not want to participate in the entire Health Risk Assessment, but would like to participate in some components of the process?

A. Your participation in this process is voluntary. For all covered employees and spouses who participate in both the biometrics and online health assessment there will be a 100% incentive. Please understand that you will not receive 100% of the incentive offered through Marquette University if you (and if applicable, your spouse) do not complete both parts of the Health Risk Assessment. (Biometric screening and online Health Assessment). New this year, there are also other options on earning points to reach levels and receive a percentage of the Marquette contribution. The other options are listed on the NEW Virgin Pulse wellness portal join.virginpulse.com/MarquetteUniversity.

Q. What if I or my spouse miss the biometric screening and/or online health assessment questionnaire deadlines?

A. **There will be NO EXCEPTIONS!** Aurora will need to receive the biometric screening results by 12 p.m. on November 17, 2018. November 19, 2018 at midnight, is the final date to complete the online health assessment. Once the dates have passed, you have missed your opportunity to receive the 2019 HRA Incentive for these options.

Q. Will Marquette University know about my results?

A. No! Your results are confidential. *Marquette University* will **NOT** receive any individual health information.