# ACE Women’s Network- Health Risk Appraisal

## What is an HRA and How was it Developed?

A Health Risk Assessment (HRA) is a way to describe a person’s chances or risks of becoming ill or dying from lifestyle related diseases and other causes.

Global Health Metrics (GHM) is a team of medical doctors, biostatisticians, and developers that have come together to create the most scientifically rigorous health risk assessment on the market. Continuing work undertaken by the Centers for Disease Control and Prevention in the 1970’s our mission is to make available to patients, health providers, health organizations, state and local governments, service groups, business and industry the best in the science and technology of health risk assessments. The GHM software introduces the concept of the “risk age” and “target age”, giving you a goal of what you can do to improve your health.

Lansing Community College has contracted usage of this HRA and has covered the cost of your access to this valuable tool in an effort to help you on your health journey.

## Instructions

1. Log on the following website using the link below and create an account using your LCC email address. (\*Note Only spaces with a red asterisk (\*) are required, however the more information you provide, the more comprehensive your report will be).

Website Link: [Health Risk Appraisal Link](https://lansing.ghmcorp.com/) Address: https://lansing.ghmcorp.com/

1. Answer the series of survey questions to 100% completion and submit (you will want to either print the report or have it emailed to your so you have a copy of the results to keep)
2. The information collected in the survey is NOT SEEN BY YOUR EMPLOYEER. The survey is managed by Global Health Metrics, a group in conjunction with the Center for Disease Control (CDC) and National Institute of Health (NIH) that analyzes data and strictly follows HIPPA personal privacy of all information shared.

## Healthy Life HRA Privacy Policy

The Healthy Life HRA team is committed to ensuring the privacy and accuracy of your personal information. At present we do not save any personally identifying information. We will not actively share any information about your usage of the web site or your responses gathered from our servers. However, we may be compelled by law to release information gathered from our Web servers (including the summary server log information, e-mails sent to the web site, and information collected from Web-based forms) in some cases. We work to meet HIPAA compliance standards so that health care organizations using the software will be able to save identifying information in order to serve their patients.