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## Members Click for Wellness

Did you know EmblemHealth members can get a snapshot of their health and receive personalized wellness information online?

All they need to do is complete the Health Risk Assessment (HRA) on the [Health Manager](#) at [www.emblemhealth.com](http://www.emblemhealth.com).

This interactive questionnaire — available in English and

Spanish — provides a snapshot of their health and suggestions for maintaining and improving it. There is also a version parents can fill out for their children beginning at age six.

In the personalized report, wellness is broken down so members can focus on the areas of most concern (and share the information with their doctors). Plus, they can get e-mails that promote health topics focused to their needs.

Also available to adults are eight-week, self-help action plans that address depression management, risky drinking, diabetes prevention, exercise and activity, healthy eating, heart disease prevention, smoking cessation, stress management and weight management.

