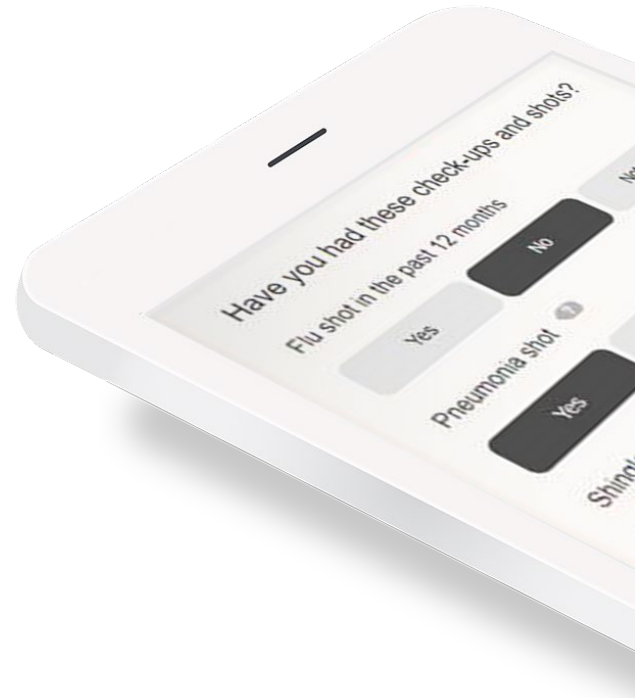




## What is a Health Risk Screening?

A health risk screening (HRS) helps you evaluate how your lifestyle habits impact your health, today and in the future. The health screening takes less than 10 minutes to do. It asks questions about your overall health, your physical health (such as blood pressure, weight, height), your nutrition, and your level of activity. Once you complete the screening, you will receive:

- A health score and evaluation of your health risks based on your responses
- A list of your highest risk areas, including tips for improving your health habits
- A report to provide your doctor or a health coach.
- The information you provide will be kept private.



## How to Take the Health Risk Screening

**Step 1:** Visit [carefirstchpdc.com](https://carefirstchpdc.com).

**Step 2:** Select **Health Tool** at the top of the page.

**Step 3:** Log into the HRS. Your username is your CareFirst CHPDC enrollee ID and password is [CHPDC2021!]. From here, you will be prompted to accept the terms and conditions and begin your health screening.

