



## How to complete your online Health Risk Assessment

Dear SAIF employee or covered spouse or domestic partner,

Please complete your Health Risk Assessment (HRA) by September 30, 2014. Here's how:



1. Log in to [www.healthstathra.info](http://www.healthstathra.info).
2. Enter the Company ID: 257.
3. Click on the Register tab.
4. Enter Member ID. This is your 6 digit employee ID. Your employee ID can be found on the top of your time card. **Please note:** The number must be 6 digits. If your employee ID is less than six digits, fill with zeroes before your ID (for example, 000123). Spouses should use the same 6 digit employee ID number and add -1 to the end. (For example, if the employee ID is 000123, the spouse uses 000123-1.)
5. Complete the remaining fields and click Submit. (Passwords should be 6-20 characters. Email is optional, but recommended.)
6. Complete the Health Risk Assessment.
7. Read the legal disclaimer at the end of survey, check the box, and click on Commit to save your survey answers.
8. Call the SAIF Health and Wellness Center at ext. 8550 to schedule a Know Your Numbers screening for you and your covered spouse or domestic partner. Or, have your numbers taken by your primary care provider.