

## What is the Health Risk Assessment?



The Health Risk Assessment (HRA) is a questionnaire available for our Federal population.

The HRA provides awareness towards preventive tests that should be done taking in consideration your age and gender.

When you complete the HRA you will receive recommendations that will help you identify if your health is at risk.

### How the HRA is accessed?

1. Register as a Triple-S Salud member in [www.ssspr.com](http://www.ssspr.com)
2. Once in your profile, click on "HRA-Health Risk Assessment"
3. Complete the HRA

As an incentive after you complete the HRA you can get a free exercise kit. **The kit includes a:** backpack, jump rope, pedometer, wristband and a water bottle.

### How the incentive is available?

1. Once you complete the HRA, print out the confirmation page.
2. You must bring the HRA confirmation page to one of our Customer Service Centers to obtain the exercise kit (one kit will be provided by contract).

In Triple-S Salud, we care about your health! Remember that first you need to discuss the recommendations with your physician to establish an action plan, if necessary. In addition, talk to your physician about the preventive tests that can be done taking in consideration your age, gender and medical history.

Health Condition	Tests	Male	Female
<b>Cervical Cancer Screening</b>	Pap test		X
<b>Colorectal Cancer Screening</b>	Fecal occult blood test		
	Sigmoidoscopy	X	X
	Colonoscopy		
<b>Prostate Cancer Screening</b>	PSA test	X	
	Rectal exam		
<b>Breast Cancer Screening</b>	Clinical exam by a physician	X	X
	Mammogram		
<b>Total Blood Cholesterol</b>	Lab test	X	X
<b>Glucose</b>	Lab test	X	X
<b>Body Mass Index (BMI)</b>	Annual evaluation	X	X
<b>Osteoporosis</b>	Bone density exam		X
<b>Blood Pressure</b>	It should be evaluated by your physician as a routine test	X	X
<b>Depression</b>	Annual screening is recommended	X	X
<b>Immunizations</b>	Ask your physician	X	X
<b>Physical Annual Exam</b>	Visit your primary care physician annually	X	X

For more information about your coverage and preventive services, please refer to Triple-S Salud's FEHBP brochure. If you need additional help, contact our Customer Service Call Center at (787) 774-6081 or 1(800)716-6081 free of charge.