

## **INSTRUCTIONS TO NAVY AND MARINE CORPS RESERVE MEMBERS:**

The Fleet and Marine Corps HRA is intended to be an educational tool, which you can use to discuss your health with a healthcare provider during your periodic health assessment (PHA).

Please answer honestly. You will not enter any personally identifying information such as name or SSN on this questionnaire. Any information you discuss with a healthcare provider will be considered privileged information. Your chain of command receives a report of group data only, in order to display the overall health of the command. Again, no individual information is displayed on this report.

We encourage you to consider choosing healthy and safe behaviors. Your personalized report will provide you with trustworthy links to web sites that provides some of the best available advice and guidance.

Log on from any computer with Internet access.

Go to <https://nmcpeh-web2.med.navy.mil/pls/newhra/hra> to access the HRA.

The “Supplied Group ID/logon” is your unit’s RUIC (UIC for FTS staff). Lists of RUICs and UICs are provided at <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx> under the heading, “How to log on to the HRA.” Click on the link to “Databases” and select “Reserve Component.” When the spreadsheet opens, locate your NOSC in column B, and then locate the name of your command in column E. Your RUIC is the corresponding 5 digit number in column F.

Contact your command’s HRA Administrator if you experience any difficulty.

Complete the Fleet and Marine Corps HRA. There are 8 demographic/general questions and 22 lifestyle questions. It will take less than 5 minutes to complete.

You can review your results online. Each question response provides you with personalized feedback and a web link that provides in-depth information on that topic. While you are viewing your report online, the links open in separate windows; once you close these windows, you will be taken back to your report.

Print a copy of your HRA Participant Report before exiting by clicking on the printer icon—“Print Participant’s Report”. You will need this report for your annual Periodic Health Assessment. If you exit the report without printing it, the report cannot be brought back.

After printing, scroll down to the bottom of the page and click the house icon—“Exit Application”. Since there is no identifying information on the Participant’s Report, make sure you know which printer your computer is mapped to and retrieve your report immediately to avoid your report being mixed with other members’ reports. Log off the computer.

Take your Participant Report with you to your Periodic Health Assessment (PHA) appointment. Your provider should be able to clarify any concerns you have about the topics or results.

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