



**YOU SERVE. WE PROTECT.**

Health Promotion and Wellness

## **Workplace Health Risk Assessment (HRA 2.2)**

1 March 2022



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

## **FACTSHEET – WORKPLACE HEALTH RISK ASSESSMENT 2.2** (1 March 2022)

### **About the NMCPHC Workplace HRA 2.2:**

The Navy and Marine Corps Public Health Center (NMCPHC) Workplace Health Risk Assessment (HRA 2.0) is brief and anonymous survey for military members and GS civilians which measures lifestyle behaviors that are most commonly associated with adverse health outcomes.

**Standalone HRAs will no longer be accepted for the Blue H. Questions have been updated and these will not compare.**

### **Participant's Booklet**

The participant's booklet highlights health risks, provides credible web-based sources of health information, and encourages and empowers the user to better manage their personal health. The booklet also serves as a tool for the user to initiate dialogue with their health care provider. This HRA is not intended to replace consultation with a health care provider. This booklet is available once the survey is completed.

### **Participants can print answers**

Once the survey is completed, there is a button that will allow participants to download or print their answers. Please do not ask to entire list as this goes against the anonymity we strive for to allow for more honest answers. If you want to see "proof" of completion, the first or second page shows demographics only.

### **Command Reports**

The "Command Report" is based on a workplace identifier (Navy or Marine Corps UIC/RUC) and can be used to assess the overall health of a workplace or any group of workplaces. Please do all you can to ensure your crew uses the correct Information.

The reports will be provided on the Blue H SharePoint site as follows:

- First part of the year: Monthly, May-June
- Middle of the year: Bi-weekly, July-September
- End of the year: Weekly, October-December

### **The HRA 2.2 is not the PHA:**

The web-based Periodic Health Assessment (PHA) required for every active duty member (IAW DoDI 6200.06) has its own built-in HRA-type questions. There are three key differences between the HRA 2.2 and PHA:

1. The PHA questions differ somewhat from the NMCPHC Workplace HRA 2.2 and are, in some cases, more clinical;
2. The PHA is not anonymous and is part of the members medical record;
3. PHA data does not include the members' workplace identifier and the PHA data cannot be retrieved for use in workplace health risk analyses. Therefore, the HRA 2.2 remains the only tool available to workplaces to understand health risk behavior of their workforce and **the HRA 2.2 remains the basis of HRA-related scoring for the Blue H - Navy Surgeon General's Health Promotion and Wellness Award.**

### Using the NMCPHC Workplace HRA 2.2:

- Decide how and when you will offer the HRA 2.2 to your workplace members. For example, the Commanding Officer can email-invite all GS civilian and military members to complete the HRA once annually, during a discreet time period. Or, a Commanding Officer that controls the PHA process for his/her own staff could ask or task military staff members to complete the Workplace HRA (along with the mandatory ePHA) at the time of their annual PHA process. You can also use the HRA 2.2 QR poster while mustering your crew to have them complete.
- Please contain all of the information below when emailing information to your crew for completion:
  - Your correct UIC/RUC
  - The HRA 2.2 is anonymous.
  - The HRA 2.2 is intended to identify specific health risks, provide credible web-based sources of health information, encourage and empower better management of personal health, and can serve as a tool for dialogue with a health care provider, if so desired.
  - The data helps to deliver health promotion services that are needed.
  - HRA 2.2 completion helps the command score Blue H points.



Complete the HRA 2.2: <https://surveys.max.gov/669632?lang=en>

HRA 2.2 Website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hra.aspx>