

# zoom

On Fedhealth Benefits



## Health Risk Assessments (HRA)

As a medical scheme that is always looking for ways to empower our members towards greater health and wellness, Fedhealth introduced the **Health Risk Assessments benefit** on 1 January 2016.

Through this benefit we hope to identify members who are at risk of developing lifestyle diseases like diabetes, high cholesterol and heart disease, and either help them prevent the onset of these conditions through suitable lifestyle interventions, or help them manage their disease through practical advice and steps.

The Health Risk Assessments benefit forms part of a brand new, bigger wellness offering planned by the Scheme, which will be available to all members of the Fedhealth family.

### Health Risk Assessments comprise three steps:

#### 1. A lifestyle questionnaire

Members can complete this questionnaire at any time by logging in to the Fedhealth website and going to the Personal Health Record (PHR) page. The questionnaire covers sections on general health (including a mental health component), lifestyle habits, risk (e.g. coronary heart disease) and readiness to change.

In cases where a member is identified as high risk and does not have Internet access, a call centre agent from the Beneficiary Risk Management department will complete the questionnaire with the member over the phone.

#### 2. Wellness screening

Wellness screenings may be conducted by: nurses at wellness days, nurses at pharmacy clinics or by a registered Biokinetics Association of South Africa (BASA) biokineticist. It includes blood pressure, BMI, waist-to-hip ratio (WHR), random glucose and random cholesterol (finger prick) tests.

#### 3. Physical screening

Members may visit any BASA biokineticist to have their physical screening done. The screening includes resting heart rate, body fat percentage, peak expiratory flow rate, flexibility and fitness measurements. Specific risk factors for metabolic syndrome, Type 2 diabetes and cardiovascular disease are identified through the screening, and personalised activity-related interventions are recommended which will also improve the member's mental wellbeing.

### The way forward

Once all three steps have been completed, members receive a report with feedback on their overall health and wellbeing. Following these screenings, the member will find out what their 'heart age' is - an easily understood indicator of their overall health. Members may be identified as part of the High Risk or Emerging Risk groups, and flagged as being at risk of developing a chronic lifestyle disease. Should they agree to participate in disease management programmes, they may receive additional wellness intervention benefits. These interventions will be done by a BASA biokineticist, who will refer the member to dietitians, psychologists and family practitioners where applicable (with responsible promotion of Scheme benefits).

With Health Risk Assessments, Fedhealth is set on helping members of our family lead more fulfilling lives by making the necessary changes.



### CONTACT NUMBERS

Please call **0860 002 153** for all general enquiries and customer care assistance, including benefit and limit confirmation and document requests, as well as hospital authorisations, chronic medication enquiries and oncology related authorisations.

Disease Management : Europ Assistance : MVA Third Party Recovery Department : Fedhealth Baby  
0860 101 306 : 0860 333 432 : 012 431 9720/18 : 0861 116 016