

Steps to complete General Health Risk Assessment



Wayne Corporation Work-Life Portal

Wayne Corporation, the administrator of your Employee Assistance Program (EAP), has a website designed to provide valuable personal-growth information through articles, videos, webinars and self-assessments.

Instructions for logging into Wayne Corporation website: waynecorp.com:

- From the Front Page, find the 'Work-Life Webinar Portal' at the upper right of page.
- First time users will need to register - click on 'Submit or Register'
- Enter the "Company Name": **MURRAY STATE** and create your own User Name and Password.
- Returning users can Log-In with username and password.

Step 1: Click on Health



Contact Us: 800-441-1327
502-451-8262

NEWS ALERT | California Wildfires | Las Vegas Mass Shooting | Hurricane Season 2017 | Equifax Data Breach

Featured this month: Resilience

WEBINAR | TIPS | RESOURCES

EAP Orientation Video
Take five minutes to learn about this this valuable benefit. Your Employee Assistance Program (EAP) offers free, confidential help for all manner of life issues. This video will cover how your EAP works, common reasons for use, extra benefits, and how to connect with the EAP when you are ready. Learn more now!

EAP Supervisor Training Video
Take five minutes to learn how you as a supervisor can effectively utilize your Employee Assistance Program (EAP). This video will cover how to recognize troubled employees, the process of formal referrals and give you confidence as a supervisor when using this valuable benefit. Learn more now!

Webinars | Emotional Wellbeing | Soft Skills Courses | **Health**

go > | more v | go > | more v

Step 2: Click on Assessments – Physical Health Assessments

WEBINARS
Get expert advice on important topics.
go >

Emotional Wellbeing
more v

Soft Skills Courses
go >

HEALTH
Start the journey to a healthier you.
less ^

ASSESSMENTS

Choose from 13 health assessments to understand your general health, wellbeing, fitness level, cardiac risk, diabetes risk, and more.

All Videos	Diabetes	Respiratory
Allergies	Dieting, Fitness & Nutrition	Safety
Alternative Medicine	Diseases	Sexual Health
Assessments	Eye Care	Skin Health
<u>Physical Health Assessments</u>	Fertility, Pregnancy & Childbirth	Smoking
Balanced Living	Gastrointestinal Health	Stress
Body Aches & Pains	Healthy Aging	Surgeries & Procedures
Cancer	Men's Health	Understanding the Body
Cardio Health	Mental Health	Urologic Health
Children and Adolescents	Neurological Disorders	Women's Health
Cold and Flu	Recipes	Workplace Health
Dental Health		

Step 3: Select General Health Risk Assessment (option 4)

WAYNE Corporation

SEARCH

Contact Us: 800-441-1327
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Home > Assessments > Physical Health Assessments

Most Popular Highest Rated Assessments

1. Resilience Scale	6. Depression Screening (PHQ9)
2. Health Assessment	7. Screening for Generalized Anxiety Disorder (GAD)
3. Wellbeing Assessment	8. Screening for Mania
4. General Risk Health Assessment	9. Cardiac Risk
5. Fitness Assessment	10. Diabetes Risk

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Step 4: Click on Start Here

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SEARCH

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Home > Assessments > Physical Health Assessments

Increase Text Decrease Text Save E-mail Overall Rating: ★★★★★ (Click to rate this resource.)

General Risk Health Assessment

Start Here

You are about to take a special resource that must be opened in a new window.
Click on the "Start Here" button above if you would like to proceed.
Don't forget to come back and rate this resource!

Most Popular

1. Resilience Scale
2. Health Assessment
3. Wellbeing Assessment
4. General Risk Health Assessment
5. Fitness Assessment

Step 5: Complete Assessment

Our General Health Risk Assessment provides you with your health risks and key habits that you can change to live healthier.

HRA Input

Page 1 of 7

Use the back and next buttons at the bottom of the page to move between the pages, DO NOT use the buttons on your browser or keyboard to change pages.

First name:

Last name:

Date of Birth:

Sex:

What is your weight?
(in pounds)

What is your height?

Body frame size?

Please indicate your race:

Describe your smoking habits:

NEXT 

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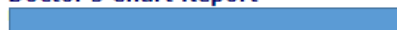
Step 6: Download Certificate of Completion

Share this page with your doctor and ask about ways to improve your score.

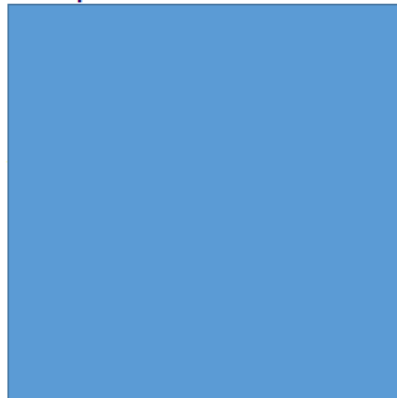
HRA Results (continued)



Doctor's Chart Report



Self Reported Measures and Habits



Self Reported Preventative Services



Readiness to Change



 BACK

[Certificate of Completion](#)

**Step 7: Save your Certificate of Completion and email to
msu.racerwellness@murraystate.edu**

Certificate of Completion of Health Assessment

Completed on: 01-29-2019

by: