

Mayo Clinic Health Assessment: Frequently Asked Questions

What is a health assessment?

A health assessment is a valuable tool that provides you with personalized information about your health risks and strengths. When you complete the Mayo Clinic Health Assessment, you'll immediately receive your results in the My Health section of the portal where your Health Status, Recommendations and Programs are featured. Health Status displays information about each of your health indicators, such as weight, blood pressure and cholesterol and places them in the strength or risk area. Recommendations provide a personalized and prioritized list on why and how you should address your risks to improve your health. And Programs highlight what is available to you on your Mayo Clinic EmbodyHealth portal, as well as your organization's programs and services.

Why should I take the Mayo Clinic Health Assessment?

The Mayo Clinic Health Assessment is your way of giving yourself an annual health checkup. By taking a small amount of time to assess and direct your efforts, there can be a big payoff. My Health will help you focus on the things that can have the biggest impact on your health. You'll also get suggestions on how to take action with online tools or other resources available to you.

Your Health Assessment data also triggers broad and deep personalization of your Mayo Clinic EmbodyHealth portal, based on your health risks, health strengths and personal medical history, making the portal more relevant and valuable to you. You'll receive messages and reminders specific to your health risks and goals to help you get and stay healthy, from lifestyle and behavior change tips to strategies for managing chronic conditions.

How long will it take?

Taking the Mayo Clinic Health Assessment is quick and easy — you spend about 15 minutes answering questions on your health and health habits.

What information is needed for the Health Assessment?

Having the following information when you start the Mayo Clinic Health Assessment will allow you to receive the most accurate feedback: height, body weight, total cholesterol level, HDL cholesterol level, LDL cholesterol level, blood pressure, fasting triglyceride level and blood sugar level. If you do not have this information available, you can estimate and still receive meaningful results.

Additional information you may want to have available is knowledge of your most recent vaccines (flu, tetanus, hepatitis B, and pneumonia), knowledge of time frame and results of recent preventive screenings (PSA if male, PAP and mammography if female), and family health history.

I've taken the Mayo Clinic Health Assessment in the past. Why should I take it again?

Small changes in health habits can make a big difference in determining your health risk. When you take the Health Assessment over time, you'll see where you're doing better and where you're slipping. You'll see in quick and easy terms where you need to take action. Your updated results will also help you create a list

of important things to talk to your doctor about — tests you may need or treatments you may want to consider, such as for high cholesterol.

Plus, each time you take the Health Assessment, your results trigger personalization of your Mayo Clinic EmbodyHealth portal, reflecting your current health risks and strengths.

What type of data will my organization see if I take the Health Assessment? Is it really private and confidential?

Mayo Clinic has built and administers the portal with security and confidentiality in mind. Click [Privacy policy](#) on the bottom page of the portal to access complete information on how your privacy is protected.

If your organization provides incentives for completing the Health Assessment or participating in programs, you will be shown an offer form when you take the Health Assessment and can choose to share your contact information (not your health data) in order to receive your incentive.

If your organization works with an organization that provides health counseling on specific lifestyle or disease areas, you can choose to share your Health Assessment data with those counselors for follow-up; your organization will not receive this information.

Can I make changes to my answers once I have completed the Health Assessment?

You'll have the opportunity to verify and change your answers prior to submission. Once submitted, you won't be able to make changes.

How long is My Health available to me?

The My Health section is available for you to access at any time. To view it, click My Health on your portal home page.