



Succeed[®] Health Risk Assessment (HRA)

Visit ArchesHealth.org and log in to or register for My Online ServicesSM. You'll find the HRA under Wellness Tools.

It's easy and confidential

The Succeed[®] questionnaire takes only 20 minutes to complete, and you don't have to answer the questions all at once. All information is completely confidential. Your personal information is private and is safely protected. You can keep the same username and password that you have used in the past.

When completing your online HRA, you will need a preventive screening from a physician, which include:

- A full lipid panel (including total cholesterol, HDL, LDL, Triglycerides, fasting glucose)
- Weight
- Body Mass Index (BMI) - or you can visit the BMI calculator at the CDC website to calculate your own
- Blood pressure


How to fill out your online HRA

You will need to use the full Member Name and Member ID number listed on your insurance card to log-in and begin your online HRA.

Note: You must wait 201 day (approx. 7 months) since you last took the HRA to take it again.

You and your spouse need separate email addresses, as only one survey can be linked to an email. If you need an additional email, one can be created for free at www.gmail.com

If you have taken the HRA and have forgotten your username or password, please call customer service at 866-284-8041 Mon-Fri, 8-6 pm EST.



Arches Network

Member Responsibility	
PCP	OUTXX
SPEC	SPX
UC	UCX
ER	ERX
DED	BXXX
RX	RXXXXXXXXXXXX


Member Name: xxxMEMBERxNAMExxx

Member ID Number: xxMBRxNBR-XX

Group Number: xxGRPxNBRx

Group Name: xxxxxxxxxxxGROUPxNAMExxxxxxxxx

Card Date: XX/XX/XXXX

 EXPRESS SCRIPTS[®]
 Rx Bin: 610014
 Rx Group: CVTYCOM

