

Clinical Health Risk Assessment

Health & Wellness Program

- Voluntary Clinical Health Risk Assessment (CHRA) through UMR.com and Annual Physical
- **Surcharge of \$25 employee and \$25 for eligible spouse per pay period if not completed by November 22, 2019**

Spouses with employer sponsored health plan excluded

- Affidavit required to cover spouse with no alternative coverage

Ex-spouses excluded



Valley Health Systems, Inc.

Holyoke Medical Center • Holyoke Medical Group
Holyoke VNA Hospice Life Care • River Valley Counseling Center

How to Avoid a Surcharge

1. Complete your Clinical Health Risk Assessment (CHRA) to avoid a \$25 surcharge for yourself and \$25 for eligible spouse
 - Confidential online survey
 - Takes 10 – 20 minutes to complete
 - Online at UMR.com
2. Complete your Annual Physical by November 22, 2019

