

Health Risk Assessment

Name: _____ DOB: _____ Company: _____

Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great

Where I am

Where I
want to be

Physical Well-Being		
Mental Health Well-Being		
Life: How is it to live your day-to-day life?		
Working the Body "Energy and Flexibility" Moving and doing physical activities like wheeling, walking, dancing, gardening, sports, lifting weights, yoga, cycling, swimming, and working out in a gym.		
Recharge: "Sleep and Refresh" Getting enough rest, relaxation, and sleep.		
Food and Drink: "Nourish and Fuel" Eating healthy, balanced meals with plenty of fruits and vegetables each day. Drinking enough water and limiting sodas, sweetened drinks, and alcohol.		
Surroundings: "Physical and Emotional" Feeling safe. Having comfortable, healthy spaces where you work and live. The quality of the lighting, color, air, and water. Decreasing unpleasant clutter, noises, and smells.		
Family, Friends, and Co-Workers: "Relationships" Feeling listened to and connected to people you love and care about. The quality of your communication with family, friends and people you work with.		
Personal Development: "Personal life and Work life" Learning and growing. Developing abilities and talents. Balancing responsibilities where you live, volunteer, and work.		
Spirit and Soul: "Growing and Connecting" Having a sense of purpose and meaning in your life. Feeling connected to something larger than yourself. Finding strength in difficult times.		
Professional Care: "Prevention and Clinical Care" Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.		
Power of the Mind: "Relaxing and Healing" Tapping into the power of your mind to heal and cope. Using mind-body techniques like relaxation, breathing, or guided imagery.		

Please send completed forms to Memorial Choice at
Fax: (217) 5273435 or email to memorialchoice@mhsil.com

Total: _____

Average Score: _____