

How to Access and Answer Your HRA Health and Biometric Questions

- Go to www.carehere.com
- Select Member Log In as shown below



- Next, enter your Username and Password as shown below
- Then click on the “Health Data” tab on the green navigation bar

- Please answer all questions on the next screen as shown below and click on the “Update” button

Blood Pressure	Top (systolic) <input type="text"/> mmHg Bottom (diastolic) <input type="text"/> mmHg
Have you smoked more than 100 cigarettes in your lifetime?	<input type="radio"/> Yes <input type="radio"/> No
If you smoke, how many cigarettes do you smoke some days or every day?	Choose Frequency <input type="text"/>
If you have stopped smoking, what year did you quit smoking?	Choose Year <input type="text"/>
How much of the time do you buckle your seat belt when driving or riding?	Choose Frequency <input type="text"/>
How many days a week do you exercise at least 30 minutes?	Choose Frequency <input type="text"/>
During the past month, have you often been bothered by little interest or pleasure in doing things?	<input type="radio"/> Yes <input type="radio"/> No
<input type="button" value="Update"/> <input type="button" value="Reset"/>	

For any questions or help with this process, you may call 877-423-1330 or email help@carehere.com