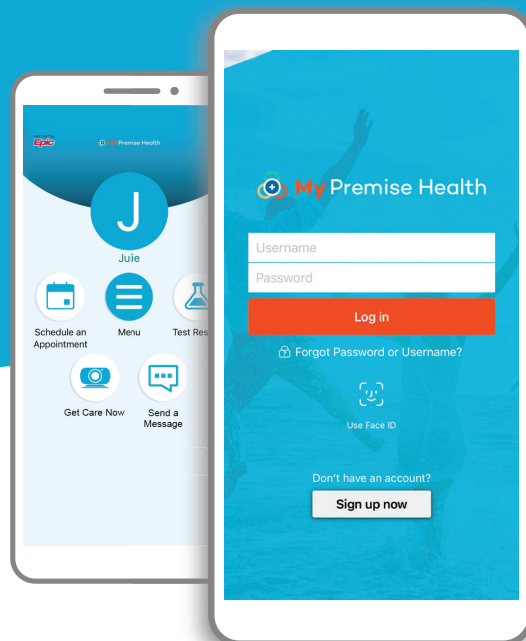# How to access your Health Risk Assessment (HRA) results through My Premise Health.

You've had your health risk assessment, also known as your health screening…now what? The results will be delivered electronically to your new patient portal, My Premise Health. You will receive a notification when your lab results are ready.

Here's how to access and share your results with your provider.

**1** Create your account. Download the My Premise Health app or visit mypremisehealth.com and click "Sign up now" to get started. My Premise Health provides convenient access to your health information including lab results and appointment scheduling.

**2** View your results. You can view your HRA results directly within the My Premise Health app by selecting "Test Results." If you do not have access to My Premise Health you can sign up online or call (855) 200-6822 for assistance.

**3** Share with your provider. Download the My Health Snapshot and My Health Profile reports by selecting "Document Center" and then "My Documents" from the app site menu. You can share your results electronically using the "Share Everywhere" feature. The My Health Snapshot will be available within 10 days and the My Health Profile within 30 days of your HRA lab appointment.*

*Please note that a delay in lab results and the snapshot may occur if there are abnormal values that need to be addressed by a provider.*

**If you would prefer to have your HRA results mailed to you,** simply sign in to My Premise Health and update your communication preferences** by following these steps:

- Select the "Menu" button and scroll down to "Account Settings."

- Select "Communication Preferences."

- Select "Test Results & Medications" and make sure the mailbox icon is highlighted.

If you do not have access to My Premise Health you can call (855) 200-6822 for assistance to change your communication preference.

*\*\*Communication preferences from the CareHere portal did not transfer over and must be updated if mailing is preferred.*

## Questions?

Contact The Montana Health Center at (855) 200–6822 if you need assistance.