

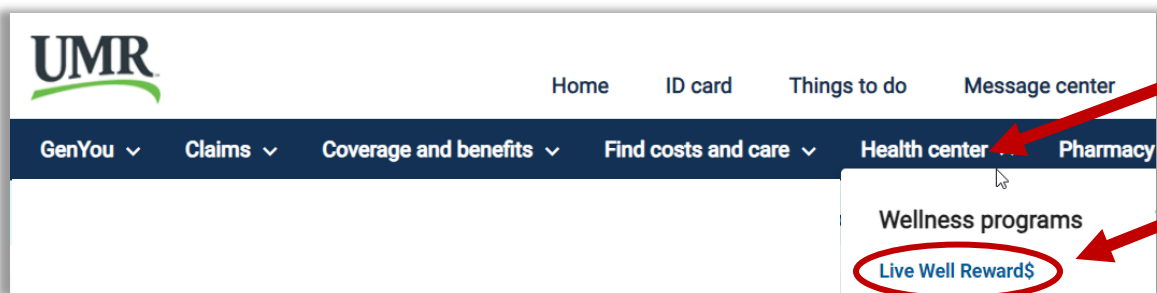
# 2025 Biometric Screening and Health Assessment Clinical Health Risk Assessment (CHRA) Help Guide

**To save \$500 in 2026, complete both the Clinical Health Risk Assessment (CHRA) and the biometric screening by November 30, 2025.**

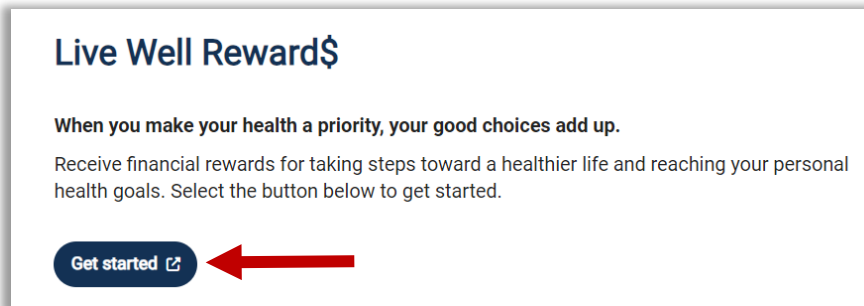
## Clinical Health Risk Assessment (UMR Live Well Reward\$ Wellness Platform)

Take the assessment as soon as possible. You do not have to wait for the biometric screening lab results to populate in your assessment.

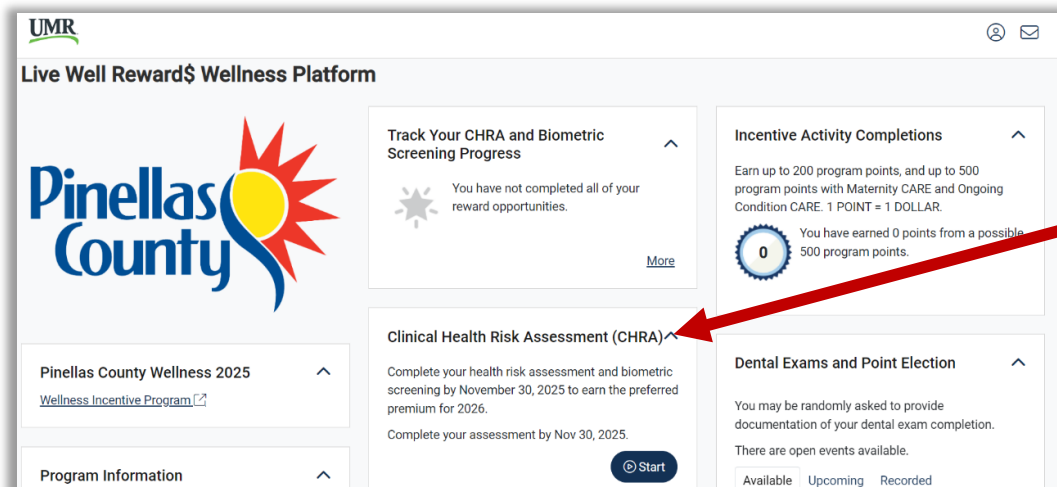
1. Log in to [UMR.com](https://www.UMR.com) (if needed, see [UMR Login](#) for step-by-step instructions).
2. In the blue menu at the top, click on **Health Center**, select **Live Well Reward\$** under **Wellness Programs**.



3. Under Live Well Reward\$, click **Get Started**.



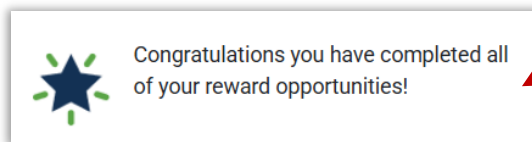
4. Find the **Clinical Health Risk Assessment** tile in the middle column and click **Start**.



5. Complete the assessment by answering the questions as prompted. Your lab results will auto-populate in the CHRA or you can manually enter the data. If you have not done lab work yet, select “Don’t Know” for the lab values and the results will automatically populate later.

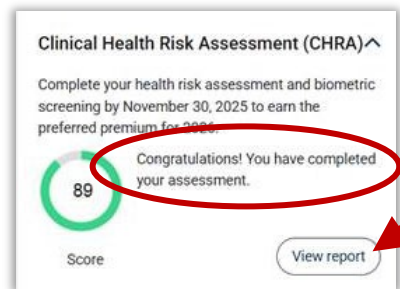
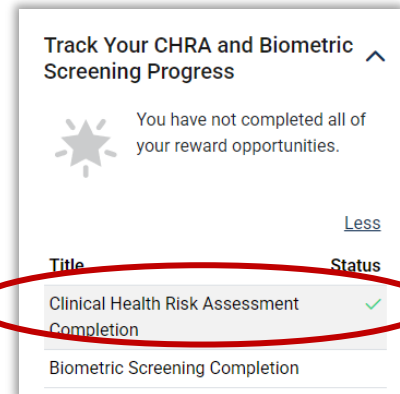
6. **Confirmation:**

- When you complete the assessment, the CHRA section will be updated with a message that says ***Congratulations! You have submitted your assessment*** and the Start button will be replaced with a **View** button.
- In the *Track Your CHRA and Biometric Screening Progress* section, click **More** to see a green checkmark next to CHRA status.
- When you complete both the CHRA and biometric screening, the grey star will change to blue and you will see a Congratulations message as shown below:



7. **Report:**

- About a week after completing the assessment, you can access a personalized analysis report from UMR.
- The message *You have submitted your assessment* will be replaced with *You have completed your assessment*, you will see a circle with your score, and the View button will be replaced with **View Report**.
- Click **View Report** to read your report. If desired, you can save and/or print it.



## Biometric Screening

View step-by-step instructions in the [Quest Help Guide](#) for Direct-to-Quest appointments and onsite events and the [Physician Form Help Guide](#) for labwork not completed at Quest.

For more information, visit [www.pinellas.gov/biometric](http://www.pinellas.gov/biometric).  
For questions, email [wellness@pinellas.gov](mailto:wellness@pinellas.gov) or call (727) 464-3367, option 1.

