



American Health Data Institute

Employee Announcement

Your health and well-being are important to your employer and to us at AHDI. Our mission is to provide you with tools and opportunities to help you improve your health. We are excited to introduce a new, enhanced Health Risk Assessment platform. While the name remains the same – Key Care Guide- the tool has been enhanced and expanded to give you an easy-to-use, informative health and wellness platform.

As you will see by reviewing the attached User Guide, you will access the new HRA just as you do today. Once on the site, “Get Started” by completing your “Health Assessment.” Once complete, you can access your personalized Dashboard that details your Health Risks, Recommendations, Care Plan, and more.

We recommend completing the HRA once a year and updating it when you experience any health-related events. You can certainly complete an HRA as often as you like and access the health and wellness content at any time. This is provided to you at no cost by your employer. Please note: If you have been using the current HRA, print off any information you want to keep for your records. With the transition to the enhanced HRA, no history, reports, etc. will carry forward.

This new Key Care Guide is now live. We hope that you will take advantage of it and refer to it often as a tool to monitor and improve your health.

Sincerely,

American Health Data Institute

Key Benefit Administrators