



The School Board of Okeechobee County Employee Health Center Health Risk Assessment Instructions

3- Step Process

1. Complete labs only at Okeechobee Urgent Care. At this time schedule your Step 3 visit to review the labs with a medical professional.
2. Complete the on-line Health Risk Assessment questionnaire. Your labs will be sent to you via patient portal.
3. Review your labs and HRA questionnaire with a medical professional .

HRA Questionnaire Instructions

1. Go to: <https://tcma.hra.net>
2. Register as a new user
Registration Number: 4975853
3. Enter your name, email, and other information as requested. Click "Submit" to create your account.
4. Click on "Health Risk Assessment" to begin the assessment.
5. Respond to each question and select "next" once complete. Once all questions are answered you are ready for Step 3.

305 NE Park St., Okeechobee Fl. 34974

YOUR HEALTH IS
OUR PRIORITY

Hours of Operation
Monday - Friday: 8:00 am - 7:00 pm
Saturday: 8:00 am - 3:00 pm
Sunday: 9:00 am - 3:00 pm



863-484-8154



okeechobeeurgentcare.com/