

# Personal Wellness Profile™

## Health Risk Assessment



Quality health risk appraisals (HRAs) do more than simply identify persons at risk for common diseases, such as diabetes, coronary heart disease, and cancer.

The best HRAs:

- Reduce healthcare costs by decreasing the number of medical claims for preventable injuries and illness
- Increase productivity by combating presenteeism and absenteeism
- Provide a baseline to track health improvements and demonstrate cost savings
- Identify current health risks within your organization, so you can offer tailored and effective interventions
- Attract top talent and retain key employees by fostering a healthy corporate culture

The award-winning, NCOA-certified Wellsource® Personal Wellness Profile™ (PWP) does all this and more. Not only does it identify health risks and target risk groups, it also recommends lifestyle changes to reduce those risks, tracks each individual's progress, and evaluates cost-benefit ratio.

The PWP is one of the most comprehensive and customizable HRAs on the market today. It takes various lifestyle and health factors into consideration, including personal and family medical history, nutrition, stress, biometrics, and exercise habits. Using the most current scientific guidelines for optimal health, the PWP provides a complete health and lifestyle assessment. You can read detailed aggregate reports to help you plan interventions to meet the needs of your population.

### Why the Wellsource® Health Risk Assessment?

**Experience.** For more than 30 years, Wellsource, Inc. has been the premier provider of tools that help organizations lower health claims and control insurance costs, reduce absenteeism, and improve productivity. Their unique approach uses optimal health as the benchmark for guidelines and recommendations rather than average mortality rates. Profiling from this perspective led Wellsource to incorporate quality-of-life factors ignored by traditional health risk assessments.

**Scientific Foundation.** A team of health promotion specialists, including doctors, health educators, mental health professionals, nutritionists, and public health professionals, are involved in developing all Wellsource® products. Recommendations for risk reduction and health enhancement are drawn from established guidelines of leading health organizations and government agencies.

## Comprehensive, In-Depth Assessment & Personal Reporting

Available in both online and paper/pencil versions, the PWP assessment is one of the most versatile health assessments available.

Measurements include:

- **Health Status and Quality of Life HSQ (SF-12)** – Measures mental and physical function status and quality of life
- **Interest Inventory** – Identifies a participant's exercise preferences and health interests, which helps you develop programs specifically geared to each participant
- **Readiness to Change** – Identifies a participant's stage in the change process in key lifestyle areas
- **Self-Assessment for Success** – Assesses confidence in making changes or maintaining healthy lifestyle behaviors

## Health & Lifestyle Factors Measured by the PWP:

- Overall Wellness
- Heart Health
- Cancer Risk
- Diabetes Risk
- Osteoporosis Risk
- Nutrition
- Physical Fitness
- Mental Health
- Safety Practices
- Weight-Related Risks

Participants receive a 14-page report that sets a positive tone by highlighting what they are doing well first. The report then identifies specific risk areas and lists motivating ways to improve key health risks -- such as with a personalized nutrition profile and tips for better stress management. The PWP doesn't just identify what's wrong. It encourages participants to make lifestyle changes that will improve their health – and the health of your company.



HEALTH RISK APPRAISALS