

Personal Wellness Profile™ Advantage Edition

A Health Risk Assessment (HRA) determines the success of your wellness program. Choose well.

Quality 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

Deliver a More Powerful HRA

PWP Advantage is the first in a series of new Wellsource® assessments that are highly customizable and simple to administer. PWP Advantage is a powerful assessment designed with these state-of-the-art features:

- **New questions** based on current research in the areas of occupational health, mental/emotional health, productivity, key factors linked to excess health costs, work/life satisfaction, and more.
- **Multiple data entry options.** Choose the most convenient data collection method for your population – from scannable paper questionnaires or 10-key data entry to online data collection or a kiosk mode that allows participants to fill out the questionnaire at a dedicated computer station – or any combination of these options.
- **Efficient data sharing** between internal and external databases or between vendors, including the ability to import and export lab values and demographics. This saves time and reduces data entry errors.
- **Custom reports** based on your parameters. Access the exact information you want, when you need it.
- **Straightforward data organization.** Easily arrange data into groups and subgroups, so you can compare or separate departments, worksites, or client groups.
- **Smooth data transfer.** Bring over existing PWP data from prior versions into the PWP Advantage software database without difficulty.



Naturally, you want the best HRA available. The Wellsource® Personal Wellness Profile™ (PWP) – Advantage Edition gives you the freedom to make your wellness program your own.

Make It Your Own

Why use a static HRA when you can buy a configurable one to match your specific needs? PWP Advantage is unsurpassed in its ability to reflect the unique needs of your organization.

- **Personalize messaging and branding** on the Individual Report through counselor notes, corporate logos and taglines, optional web resource links, and demographically relevant photos.
- Collect responses on up to **15 optional questions** specific to your organization.
- **Select your preferred health measurements**, such as standard or metric clinical data, add risk factors to be reflected in the Framingham 10-year risk of heart attack score, and select whether a participant's weight risk is based on BMI, percent body fat, or waist circumference.

Speak Their Language

Whatever your language needs, PWP Advantage has you covered. You can translate the assessment, Individual Report, and Group, Detail and Trend Reports into any language and dialect for:

- One employee
- Your entire employee population
- Multiple languages or dialects within your organization

This ensures that everyone in your group properly completes the questionnaire and understands their assessment results.



Custom Administrative Reports

With PWP Advantage, you're not confined to a limited set of predetermined administrative reports. Select from unlimited criteria to create your own Group, Trend, and Detail Reports. Use these reports to stratify your population based on the number of risk factors present, or to follow up with individuals facing specific health risks, such as all participants with high blood pressure or metabolic syndrome. By saving your queries for repeat use, you can easily compare changes in the health of your group from year to year.

** Changes made to existing data will not affect your available assessment count.*

Deliver More – or Less

Administrators have complete control over the depth and scope of the PWP Advantage Individual Report.

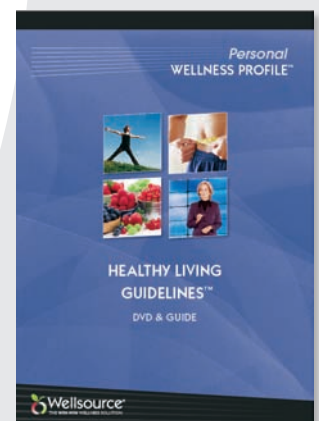
- Provide participants all 14 pages of results and recommendations for key health risks, ranging from a nutrition profile to tips on how to better manage stress.
- Or choose which health risks you want to focus on, printing only those specific pages and “hiding” the rest.
- List web links to programs and services offered by your organization.
- Include a graph showing up to four prior wellness scores on the Individual Report, making it easy for participants to track their improvement over time.
- When counseling a participant regarding their report results, use the software to quickly change the person's response to certain questions, then instantly generate a new on-screen report to demonstrate how even simple changes in health behaviors can impact their health scores.*

No matter how the Individual Report is used, participants will receive a report that sets a positive tone by highlighting what they are doing well first, and then identifying risk areas and opportunities for improvement.

Save Time and Resources

Ideally, participants should meet with a health counselor in a post-assessment follow-up session to discuss their PWP results. For organizations that don't have the time or the resources for one-on-one counseling, Wellsource has developed a companion to the PWP Advantage Individual Report — the *Healthy Living Guidelines* DVD.

This 90-minute DVD walks participants through each section of the Individual Report, explaining their score and educating participants on how to achieve optimal health. The Healthy Living Guidelines DVD can be viewed in a group setting or distributed to individuals for viewing on their own at home or work. By taking advantage of this new resource, you can feel confident that your participants are getting the feedback they need, without breaking your budget.





Health & Lifestyle Factors Measured by PWP Advantage:

- Overall wellness
- Heart health
- Cancer risk
- Diabetes risk
- Osteoporosis risk
- Nutrition
- Physical fitness
- Mental health
- Safety practices
- Weight-related risks

Scientific Foundation

A team of health promotion specialists including doctors, health educators, mental health professionals, nutritionists, and public health professionals has developed the Wellsource® Personal Wellness Profile™.

Recommendations for risk reduction and health enhancement are drawn from established guidelines of the U.S. and Canadian governments and leading health organizations around the world.



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Stay in Touch

The PWP Advantage software also assists you with planning and coordinating follow-up interventions for your population. Use the software's built-in Intervention Manager to organize participants by risk class, set individual goals for participants, and schedule automated email reminders for employees to participate in targeted intervention programs applicable to them. With regular contact, you can help individuals stay on track with their health goals.

PWP Advantage Reports

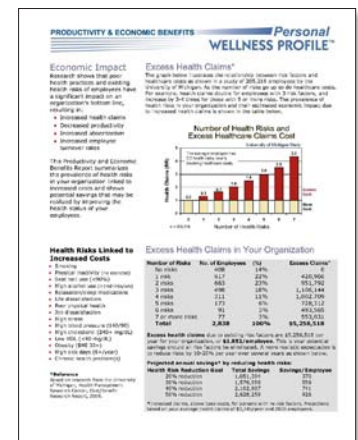
Individual Report – The 14-page personalized report includes:

- Overall wellness score
- Health age (versus chronological age)
- Risk ratings for major health factors
- Recommendations for health improvement
- Web links to additional information
- Next Steps, which gives tips on how to make lifestyle changes, outlines a person's leading health hazards based on their age and gender, and lists available resources for making lifestyle changes
- Medical Follow-Up Report, which summarizes the individual's health screening results for easy reference and prioritizes items to discuss with their medical provider



Administrative Reports – PWP Advantage offers limitless reporting options.

- Productivity & Economic Benefits Report™ – Estimates a company's potential cost savings in the areas of excess healthcare claims, absenteeism, and productivity losses, based on improvement in the number of health risk factors present in the organization
- Group Report – Provides blinded graphical representation for nearly every risk factor, allowing you to easily view the overall health of your population and fine-tune your wellness efforts
- Trend Report – Shows individual improvements in health, providing a detailed picture of the impact of your wellness efforts from one health assessment period to the next
- Detail Report – Lists participants by demographics and biometrics for easy follow-up



PERSONAL WELLNESS PROFILE™ COMPARISON CHART

	Advantage	Concise	Comprehensive
Total Questions	62	39	75
Optional Questions	15	12	30

Questions Count by Selected Category

	Advantage	Concise	Comprehensive
Safety	8	4	10
Eating Practices	13	6	19
Mental/Social Health	14	6	9
Physical Activity	3	4	7
Substance Abuse	5	4	10
Job Satisfaction	4	1	1
Sexual Disease Potential	1 (optional)	0	1 (optional)
Suicide	0	1	1

Data Entry Options

	Advantage	Concise	Comprehensive
10-Key	✓	✓	✓
Scanner	✓	✓	✓
Kiosk	✓		
Online Data Collection ¹	✓		

Other Features

	Advantage	Concise	Comprehensive
HIPAA Compliant	✓	✓	✓
NCQA Compliant	✓	Compliant with the use of optional questions	Compliant with the use of optional questions
Scanner Compatibility	Opscan® 2 or 6	Opscan® 2 or 6	Opscan® 2 or 6
Built-In Language Translator	✓		
Automated Intervention Manager	✓		
Automatic Software Updates	✓		
Real-Time Data Feed Capability	✓	✓	✓

Standard Reports

	Advantage	Concise	Comprehensive
Individual Personal Report	1-14 pages	3 or 7 pages	7 or 20 pages
Individual Trend Report	✓	✓	✓
Group Report	Customizable	Static	Static
Executive Summary Report	Available 1st Quarter 2008	✓	✓
Group Trend Report	Available 1st Quarter 2008	✓	✓
Medical Follow-Up Report	✓	✓	✓
Productivity & Economic Benefits Report <i>Replaces the Economic Impact Report</i>	✓	✓	✓
Ability to Print Reports in PDF Format	✓		

¹ Personal Wellness Profile™ Advantage allows participants to complete the health questionnaire online without purchasing a separate online license.