



Personal Wellness Profile™ (PWP) ADVANTAGE EDITION

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

Deliver a More Powerful HRA

PWP Advantage is the first in a series of new Wellsource® assessments that are highly customizable to meet the specific needs of your wellness program. 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.

Efficient data sharing between internal and external databases or between vendors, including the ability to import and export participant data. This saves time and reduces data entry errors.

Anytime access to reports. 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 segregate departments, worksites, or client groups.

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



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

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 education and health enhancement are drawn from established guidelines of the U.S. and Canadian governments and leading health organizations around the world.

Make It Your Own

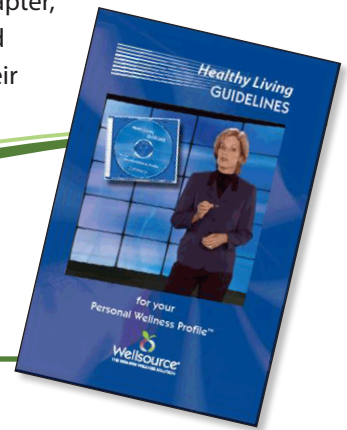
Why use a static HRA when you can buy a configurable one to match your specific needs? PWP Advantage is unsurpassed in its ability to reflect the unique needs of your organization.

- **Personalize messaging and branding** on Participant Reports through counselor notes, corporate logos and taglines, and optional web resource links.
- Collect responses on up to **15 optional questions** specific to your organization.
- **Select your preferred health measurements** such a standard or metric clinical data, choose different scoring methods for certain risk factors such as Metabolic Syndrome, and select whether weight risk is based on BMI, percent body fat or waist circumference.
- **Choose which health risks you want to emphasize** by printing specific pages of the Individual Report and "hiding" the rest. Or provide participants all 14 pages and recommendations for key health risks.

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, Wellspring 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 them on how to achieve optimal health. The Healthy Living Guidelines™ DVD can be viewed online chapter by chapter, in a group setting, or distributed to individuals for viewing on their own at home or work.



PWP Advantage Reports

Individual Report

Participants receive a report highlighting what they are doing well first, and then identifying risk areas and opportunities for improvement. The 14-page personalized report includes:

- **Overall wellness score**
- **Health age** (versus chronological age)
- **Risk ratings** for major health factors
- **Graphical comparison** wellness scores
- **Recommendations** for health improvement
- **Web links** to additional information
- **Next Steps** 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

PWP Advantage measures:

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

Administrative Reports

PWP Advantage offers valuable reporting options:

- **Productivity & Economic Benefit Report™** - Estimates a company's potential cost savings in the areas of excess healthcare claims, absenteeism, and productivity losses.
- **Group Report** – Provides blinded group data 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.
- **Counselor Summary Report** – Summarizes the Individual Report results for health counselors and medical providers, comparing prior assessment results to the individual's current scores.