

**W**ellsource has been creating innovative, evidence-based Health Risk Assessments since 1979 – helping millions of individuals and thousands of organizations improve health outcomes and reduce costs.

Research shows it's more effective to reduce the prevalence of future costly health problems that cause lost productivity and increased healthcare utilization before they occur.<sup>1</sup> Wellness programs are becoming more commonly offered around the globe in answer to the rising costs of healthcare and lost productivity caused by avoidable illness. Governments, medical schemes, healthcare systems, and employers are all encouraging individuals to take responsibility for their own health and wellness more than ever before.

The WellSuite® Health Risk Assessment (HRA) for the Workforce is the first step in population health management. It is an essential tool for helping employers and other organizations reduce costly and unnecessary hospitalizations and healthcare services.

When you identify an individual's risk factors for chronic disease – and their *readiness* to change – you will be able to pinpoint and prioritize the most effective health programs and interventions specific to your populations.

# WellSuite® IV Health Risk Assessment

for the Workforce (Non U.S.)



Responsive design maximizes user engagement on mobile and desktop.

1. Goetzl R et al. Ten modifiable health risk factors are linked to more than one-fifth of employer-employee healthcare spending. *Health Affairs*. Nov 2012, 31(11), pp2474-2484. <http://content.healthaffairs.org/content/31/11/2474.abstract%20since%201979>

# WellSuite® IV HRA for the Workforce (Non U.S.)

Our HRAs are some of the most established and valid questionnaires for assessing wellness on the market today. They've been used in a significant body of scientific research, dissertations, and publications – more than 86 times since 1988.

## The Wellsource-Workforce Connection

Our evidence-based HRA for the Workforce is one of the most scientifically valid tools for helping individuals understand their health status and health risks. It helps participants make the connection between their lifestyle choices and their ability to achieve optimal health. Our Workforce HRA takes the extra step to educate them on specific ways to improve their own health.

## The WellSuite IV HRA for the Workforce evaluates:

- Self-Perceived Health Status
- Nutrition
- Biometrics
- Physical Activity
- Social & Mental Health
- Readiness to Change

Our versatile WellSuite IV HRA for the Workforce can be completed online with a computer, tablet or smartphone and in paper format. It can be integrated into your portal or implemented as a stand-alone solution. You get to choose.

Online and paper versions of our HRA are available in American and International English, Spanish, and Canadian French.

## A Focus on Total Well-being

The WellSuite IV HRA for the Workforce focuses not just on physical health, but also on the emotional and mental well-being of the individual and other factors that may impact their health. It identifies existing and future risk factors based on an individual's lifestyle habits that impact health, and measures an individual's readiness to change.

## Adaptive Design for a Personalized Experience

The interactive and intuitive design of WellSuite IV HRA for the Workforce uses three-dimensional branching logic. This adjusts content with each successive response. That way, individuals will only see the questions that are relevant to them. Our question set can be completed in 10–12 minutes and produces a wealth of information for the participant, healthcare team, and health plan.

## Actionable Personal Report

Each participant receives a Personal Report immediately after completing the WellSuite IV HRA for the Workforce. This report briefly describes the impact of each risk factor on their health, and gives an Overall Wellness Score. It uses easy-to-understand language and an engaging format – with color coding, graphs, icons, and a number-based scoring system. Each participant can see at a glance how healthy they are, areas where they are doing well, and any risk factors for preventable disease.

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The Personal Report is organized into seven key areas:

- Heart Health
- Cancer Prevention
- Diabetes Prevention
- Obesity Prevention
- Nutrition
- Fitness
- Mental & Emotional Health

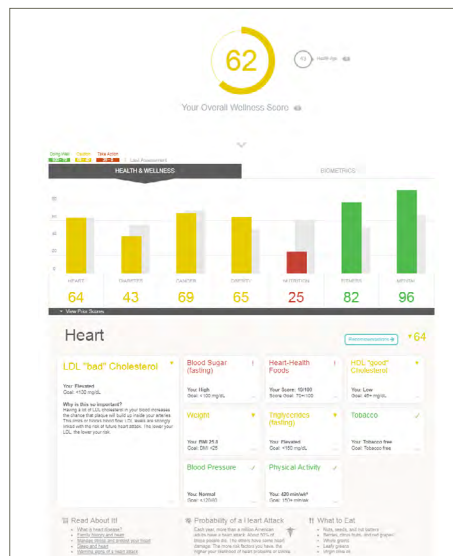
*Taking action is key to improving health!* Our Personal Report explains simple ways that healthy habits can be incorporated into a person's daily routine. We also offer a series of configurable "Recommendation" or "Next Steps" buttons throughout the Personal Report that help direct participants to your specific programs and resources.

Trending data lets the participant see how they are improving from one HRA to the next.

## Administrator Data

Wellsourc understands how important data is to population health management. We provide your administrators and business analysts 24/7 access to data on all participants and groups in your program. Your analysts can perform deep analysis on raw data via a detail list and customize their own reports. They can also access aggregate reports to easily see statistics and trending data on your population.

Your analysts can choose to include all eligible groups in one report, generate a report for one specific group, or anywhere between. Reports can be pulled by date range. They can provide overviews of your population overall, by key area, and by primary influencers within each key area. They also display demographics for your population, the percentage of compliance for specific exams and



vaccines, the top health conditions, and areas where your participants are most ready to change.

With push reporting, administrators will automatically and securely receive a copy of each participant's Personal Report and a Physician Summary PDF file upon HRA completion.

The WellSuite® IV Participant Management feature gives administrators control of their participant database. Admins can search for participants using specific fields (e.g., first or last name, status), edit participant information (e.g., last name or default language for the HRA), enter biometrics, merge participants, and reset passwords. They can also send individual participants an email invitation to take an HRA.

## Physician Insights

When a participant completes the WellSuite IV HRA for the Workforce, a one-page Physician Summary is also generated. Participants can print the Physician

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Summary and take it with them to their next medical appointment. This report displays a more detailed view of the individual's answers to the WellSuite IV HRA, and includes their stage of readiness to change. This allows the healthcare team to home in on key risk factors that an individual is ready to address.

## Customization and Branding

The WellSuite IV HRA for the Workforce can be customized with the logo and colors of your organization and the different groups that you manage. We can add custom questions for individual groups and place them anywhere in the assessment that you would like.

## Validity and Scientific Basis

When you work with Wellsource, you benefit from four decades of experience in creating effective wellness tools. We have led the industry in delivering scientifically valid, innovative, and reliable HRAs. We continually review the latest research published in peer-reviewed medical journals and look to leading health organizations around the globe, such as the World Health Organization and the Centers for Disease Control and Prevention, for their respected and authoritative guidelines. Our team of doctoral-level health and lifestyle experts is adept at turning research outcomes into evidence-based algorithms. The end result: effective, cost-saving tools for better health.



## Certified, Secure, and Compliant

Wellsource has been NCQA certified for Health Appraisals and Self-Management

Tools continuously since 2008. Our HRA is also compliant with the latest privacy requirements of the Health Insurance Portability & Accountability Act (HIPAA), including the HITECH amendments, and the Genetic Information Nondiscrimination Act (GINA). We also adhere to country-specific certifications and requirements as needed.

## Web-based Integration

The WellSuite IV HRA for the Workforce is a web-based solution that can be integrated into a portal or client system. You can also offer it as a stand-alone tool with a Wellsource-provided login page – customizable for any group. There is no need to install additional software. We offer SAML single sign-on (SSO), robust client system notifications, and a comprehensive set of fully documented RESTful Web APIs.

Visit [www.wellsource.com](http://www.wellsource.com) for more information.

Connect with us and request a demo: [well@wellsource.com](mailto:well@wellsource.com)

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