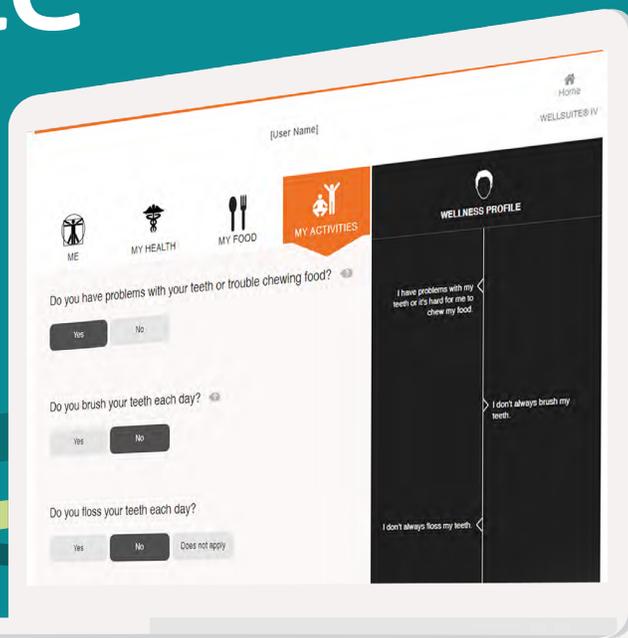


Wellcomplete™

Readiness to Change



Collect Actionable Data for Better Outcomes

What Is Readiness to Change?

Let's face it. You can offer all sorts of interventions, but if your population isn't interested, the success rate will be very low. That's where readiness to change comes in.

Behavior change takes individual effort. And it won't happen until a person recognizes the need to change and is willing to put effort into making it happen.

Wellcomplete™ Health Risk Assessments (HRAs) use the Transtheoretical Model (TTM) created by research psychologists Drs. James O. Prochaska and Carlo C. DiClemente to identify where someone is in the decision-making process.



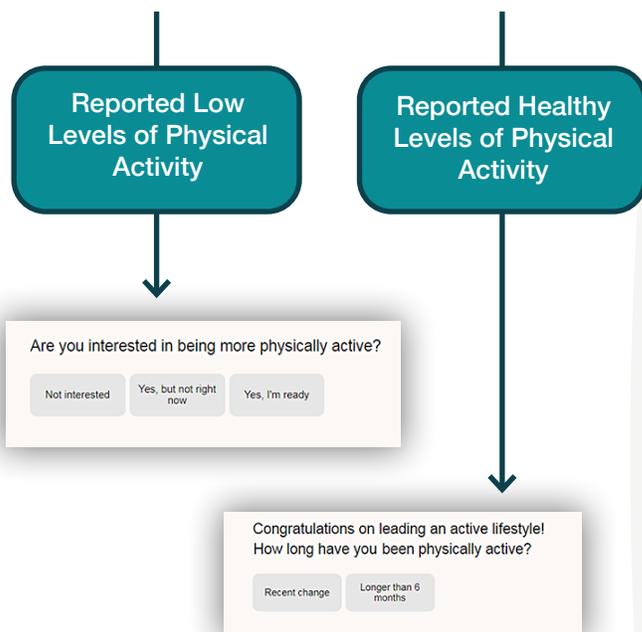
Our lifestyle coaches use the readiness to change data report we capture through the Wellcomplete HRA to meet our members where they are at. ***By understanding where the member is on the spectrum of readiness to change, we can help move them through the stages through motivational interviewing.*** By using this feature, we've seen more positive outcomes in our coaching programs.



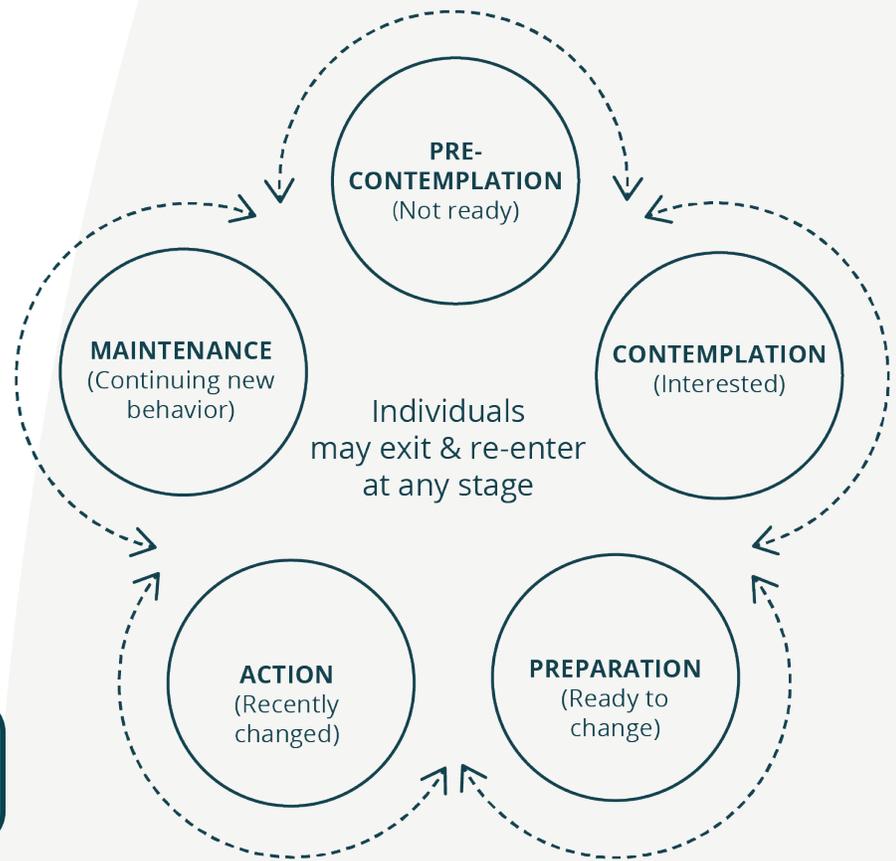
This behavior change model recognizes that people often have difficulty moving through the cycle.

Readiness to Change and Health Risk Assessments

Here's an example of how the Wellcomplete assessment tackles readiness to change. One of the areas of health measured by Wellcomplete is physical activity. Depending on whether or not a participant reports a healthy level of activity, they may be prompted to answer one of these questions:



In both examples above, you learn about the participant's willingness to change their health habits, or how recently they changed their habit to learn where they may be in their change journey. Both responses provide new insights into the individual's future health status, and can be used to build more targeted health and wellness programs.



The Readiness to Change Journey

When developing health initiatives, it can be helpful to visualize readiness to change as a cycle. At Wellsource, we use the Transtheoretical Model (TTM)¹, introduced and popularized by James O. Prochaska and Carlo C. DiClemente in the early 1980s. This model suggests that individuals are unlikely to make changes at the drop of a hat—instead, they cycle through stages. The stages—precontemplation, contemplation, preparation, action, and maintenance—feed into each other, although the path is not always linear, and an individual may find themselves cycling from action or maintenance to one of the earlier stages.

¹ <https://sphweb.bumc.bu.edu/otlt/mph-modules/sb/behavioralchangetheories/behavioralchangetheories6.html>

Administrative Reporting

The Wellcomplete Admin Report includes population-level readiness to change data, helping you focus your wellness programs where they will have the greatest impact.

Readiness to change data empowers wellness professionals to make educated decisions about where their resources will be best spent, focusing time and resources on those who will be most effected by health and wellness programs. Wellsource HRAs help you collect that data.

Additional Resources

Readiness to Change and Population Health Best Practices

Motivate positive health habits and build more personal wellness programs with Readiness to Change Data.

[DOWNLOAD GUIDE](#)



The Value of Self-Reported Population Health Data

Explore why self-reported data is essential for population health initiatives, and how you can be assured that the information you collect will provide the necessary insights to create impactful wellness programs.

[DOWNLOAD GUIDE](#)



Here are just a few of the many organizations we are proud to serve:

Welltok.

SENTARA

moda

VIRGINIA HOSPITAL CENTER
HEALTH SYSTEM

Virginia Pulse

bravo

 Wellsource

For four decades, Wellsource has been personalizing population health by designing innovative Health Risk Assessments that are grounded in modern evidence-based medicine. Wellsource uses the power of technology to drive informed decisions with actionable data for health plans, wellness organizations, and companies committed to improving wellness. Our HRAs for the Workforce, for Medicare, and for Medicaid are NCQA certified and used for predicting health risks and reducing avoidable costs.

Learn more at [wellsource.com](https://www.wellsource.com)

[Request a consultation](#)

well@wellsource.com 1.800.533.9355