



{Health Assessment}

WHAT IF

YOU COULD QUICKLY ASSESS AND ENGAGE MORE
OF YOUR POPULATION IN HEALTHY BEHAVIORS?

Imagine an online health assessment that participants actually enjoy taking. Results not only assess health risks, but motivation so we can tailor recommendations and health experiences for each participant.

The health assessment is part of HealthFitness' new BioVia® health management suite and serves as the engine that drives participants to other health engagement activities on the platform and moves them along the path to living well.

THE PARTICIPANT EXPERIENCE



ENGAGING, SIMPLE and PERSONALIZED



Engaging: The online health assessment is quick, easy, and to the point. Questions are visually engaging, flow quickly from one area to the next, and include dynamic branching to keep them personal and relevant.

Simple: After completing the assessment, participants receive a colorful and streamlined health summary report, with an overall wellness score and easy-to-understand, actionable results.



Personalized: Health assessment results drive next steps on the platform, including activities placed on a participants' to-do list; tailored messaging, feedback, resources and referrals; program options; and coaching.



THE CLIENT EXPERIENCE



FLEXIBLE, TARGETED and VALIDATED



Flexible: The health assessment personalizes health for each participant and lays the foundation for sustainable behavior change to improve the health of your total population.

Targeted: Use the health assessment as a tool for developing a comprehensive lifestyle and preventive health management program targeted to your unique population.

Tested and validated: All health assessment questions are actionable and reviewed every two years to keep current with evidence-based guidelines.

KEY HEALTH ASSESSMENT FEATURES



Persona™: Our health assessment features Persona, our proprietary behavior change model, which personalizes health for each participant.

42-question version: This recommended option meets National Committee for Quality Assurance (NCQA) requirements. Questions depend on age, gender, and dynamic branching that participants can complete in 10 to 15 minutes.

20-question version: Shorter option focuses on assessing risk for chronic disease based on lifestyle and biometrics. Participants can complete in 5 to 10 minutes.

Multiple device access: Participants may complete the health assessment on a computer, laptop, mobile device, or at a worksite screening event.

Intuitive design: Graphics and a progress bar support the user experience and fast completion time.

Health summary: Provides a snapshot of health assessment sections and an overall wellness score. Report includes multiple levels with personalized feedback, health tips, and tailored suggestions to other programs and resources within the platform.

Online and print: Versions of our health assessment are available online and in print.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.