

Wellness Checkpoint[®]: Assessing Risk

Wellness Checkpoint is the Global Leader for Health and Business Risk Management

Wellness Checkpoint is a powerful, online, interactive, multilingual health assessment that extends beyond lifestyle, biometrics and health status to consider the whole person within the context of their work and their life outside of work, including organizational factors and personal challenges that correlate strongly to health and productivity. Wellness Checkpoint is delivered as a global Software as a Service, is uniquely configured for each client and adapts dynamically to regional and cultural variances.

Scope of Assessment

At the core of the Wellness Checkpoint is the assessment of risk factors that have been identified by research as contributing to or impacting major disease conditions such as heart disease, diabetes and cancer. The questions in Wellness Checkpoint's core assessment measure the concepts of risk based on scientific evidence and evidence-based standards and guidelines, adapting to regional and cultural variances as required. Aligning the measures of risk with personal lifestyle choices provides the respondent with a practical context to consider informed action to reduce or mitigate their risks.

The **core assessment** covers:

- **Lifestyle** (alcohol, eating, exercise & physical activity, smoking and stress)
- **Biometrics** (weight, blood pressure, cholesterol and blood sugar)
- **Health status** (diabetes & chronic conditions and personal health)
- **Family health history highlights** (non-USA audiences only)

The results of the evaluation of the core modules are presented to the individual participant in an intuitive, interactive Dashboard format with factor-specific risk scores and risk ratings as well as an overall Wellness Risk Score.

Supplemental screening modules extend the core assessment with a broader consideration of issues that can have a major impact on employee health and productivity. These include:

- depression (as measured by the PHQ-9, a validated instrument developed by Drs. Spitzer, Williams and Kroenke)
- productivity loss through presenteeism and absenteeism (as measured by the Work Limitations Questionnaire developed by Debra Lerner PhD and Ben Amick PhD at The Health Institute, Tufts University)
- sleep & fatigue (as measured by the MOS instrument plus additional items for work-related impact developed specifically for InfoTech by Debra Lerner PhD)
- work ability (as measured by the Workability Index, the European "gold standard" instrument from the Finnish Institute of Occupational Health)
- financial well-being

Each of these screening modules generates validated scales and index values which provide a comprehensive set of measures for health and productivity management.

Completing the set, our Preventive Screening module assesses adherence to screening for cancer and bone density based on age, gender and regional guidelines. Because guidelines may vary regionally or be subject to variances in practice or plan coverage, their selection is part of the assessment configuration process at the time of implementation. Note, each of these screening modules can be enabled as optional or mandatory.

Work-related profile modules assemble a profile of demands on the job and life outside of work which can have an impact on the participant's health and productivity. These profile characteristics are available for sample selection and correlation in group analysis using Wellness Checkpoint's DataBanker Live reporting tool.

Optional questions and sections can be enabled to probe deeper into areas such as alcohol abuse and sources of stress or to collect additional biometric data. Sections on other risk factors evaluate self-medication, sun, environment, driving and detailed family health history, with independent scoring and rating.

Wellness Checkpoint – A Global Service Configured to Your Business Needs and Priorities

Wellness Checkpoint provides a comprehensive set of branding, configuration and client content options that enable it to be tailored to the specific programs and priorities of the client. Optional questions and modules can be enabled or disabled as appropriate to the country and culture, including legal and preventive guidelines. Within the same global service, families and retirees can see a different view of the assessment without reference to work related factors. The Wellness Prescription provides a risk stratified triage to available resources reflecting client programs, protocols and providers of related services. Incentive offers can be administered in real time based on client selected criteria.

Engaging the Individual to Take Informed Action

Wellness Checkpoint is administered in a conversational yet dynamic manner that adapts the presentation of the questions not only to the prior responses of the respondent but also to the various configuration settings and options that tailor the assessment to the client's needs and priorities. Interactive goal-setting is an integral part of the assessment experience. The interactivity, dynamic personal adaptation and immediate, informative, personal feedback and action reports have proven very effective in engaging the participant and creating an "intervention moment" that encourages action. Where appropriate, employees may be triaged to onsite and third party providers based on client-specific protocols.

For More Information:

See our companion InfoSheet [**"Putting Wellness Checkpoint to Work"**](#) for an overview of how Wellness Checkpoint can support wellness programs, enhance benefits and provide decision support for business risk management.