

LIFESTYLE ASSESSMENT OVERVIEW

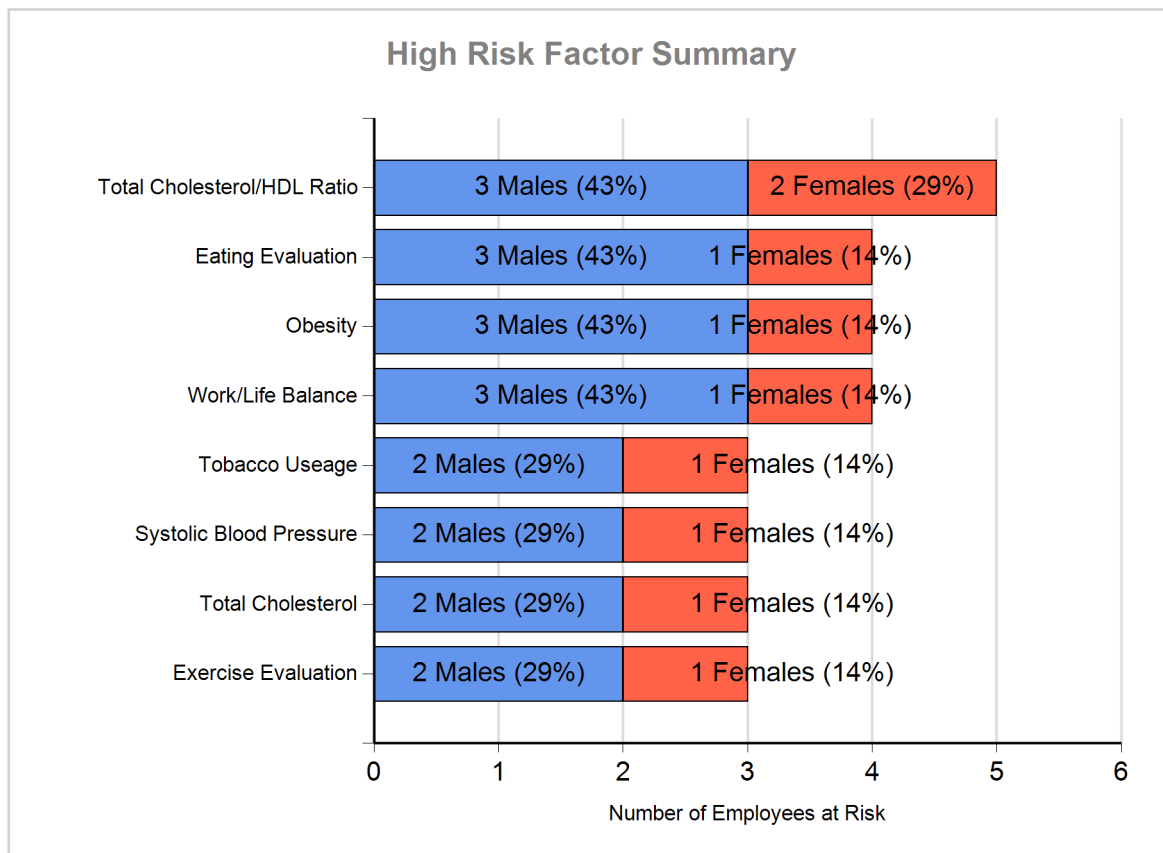
Lifestyle related chronic diseases account for more than 75% of all healthcare spending, directly affecting the cost of health insurance and disability premiums organizations pay. In addition, hidden costs such as presenteeism and absenteeism, which are highest amongst those of poor health, further affect company finances. This administrative report identifies and measures employee risk factors that contribute to lifestyle related chronic disease. For optimal return and strategic health change, target wellness interventions at prevalent risks as identified in the risk summary. Details about the specific health related behaviors that lead to a high risk of developing lifestyle related chronic diseases are found in each subsection.

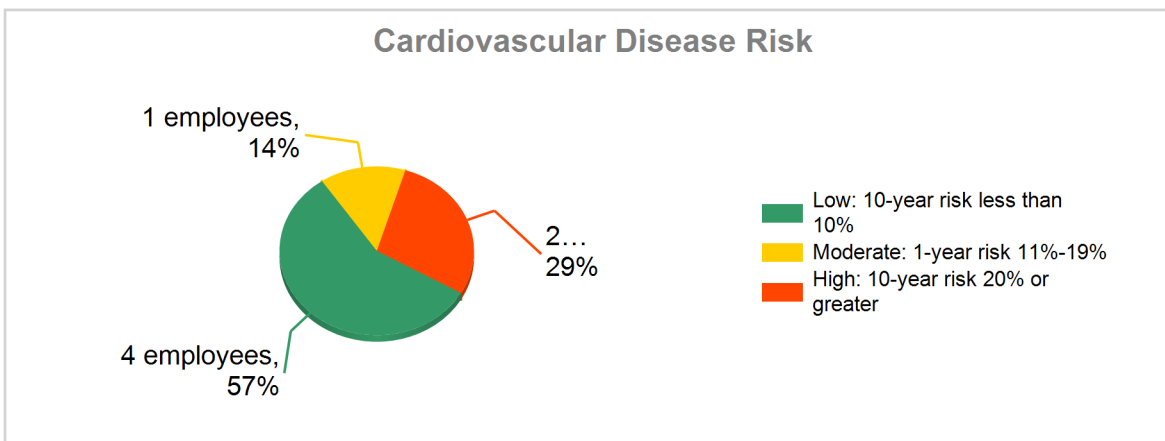
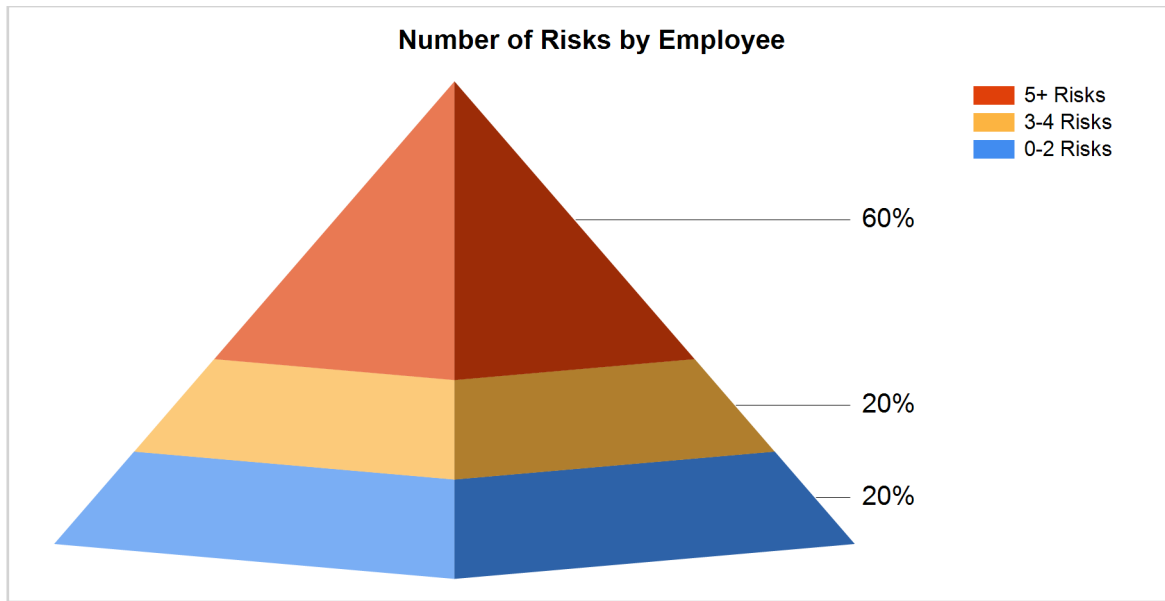
As your organization proactively influences employee health, a cost summary at the end can be used to measure outcomes from a financial perspective, while the risk summary will demonstrate change from a health perspective. Look for improvement in these two sections as initiatives unfold and new assessments take place.

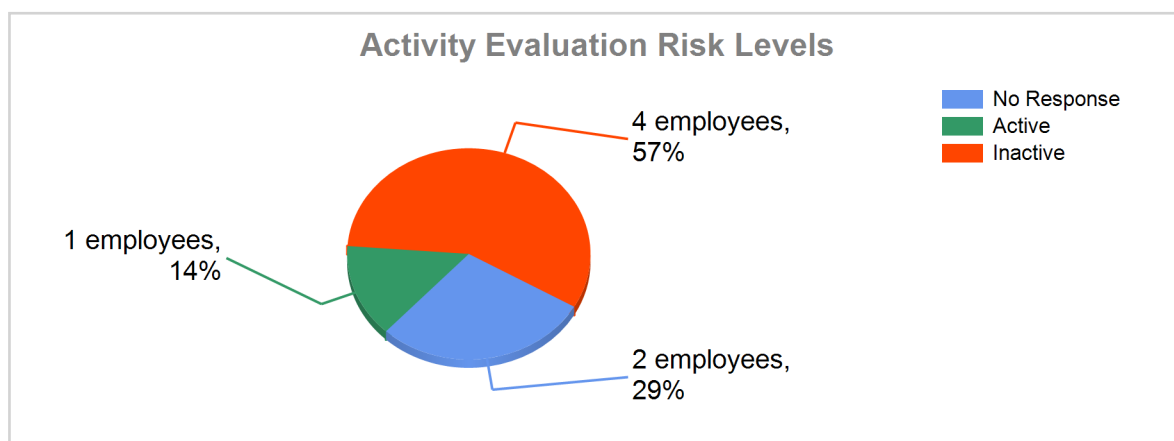
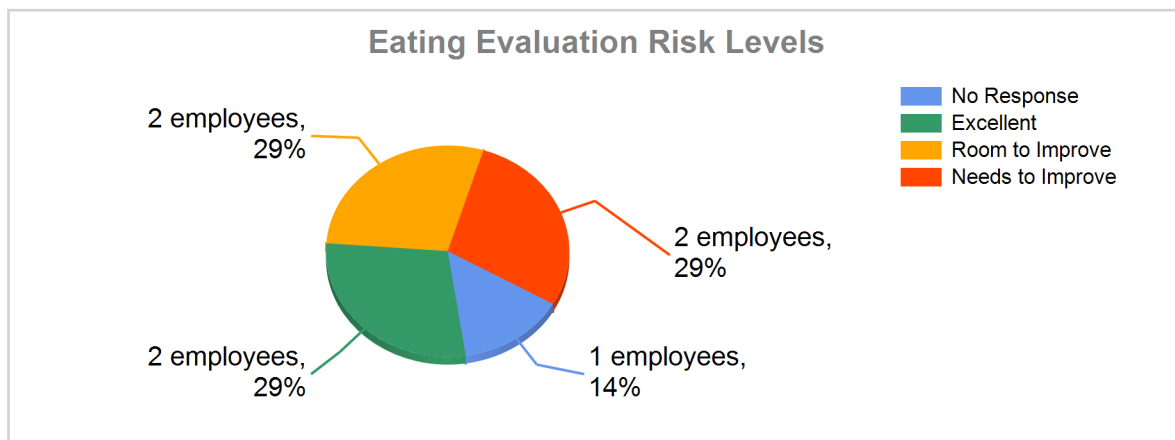
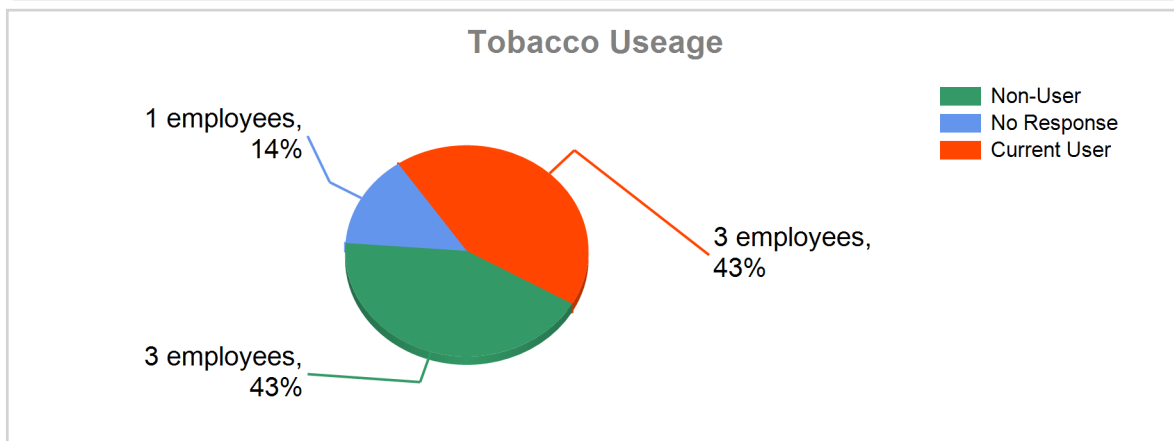
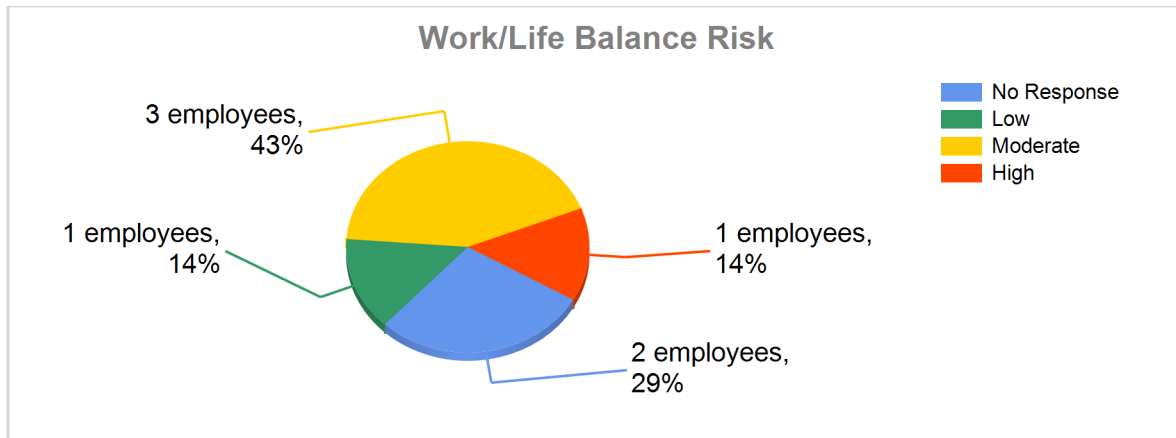
PARTICIPANT SUMMARY SECTION

# of Employees	<30	30-39	40-49	50-59	Total
Female	1 (14%)	2 (29%)	1 (14%)	0 (0%)	4 (57%)
Male	0 (0%)	1 (14%)	0 (0%)	2 (29%)	3 (43%)
Total	1 (14%)	3 (43%)	1 (14%)	2 (29%)	7 (100%)

HEALTH RISK SUMMARY

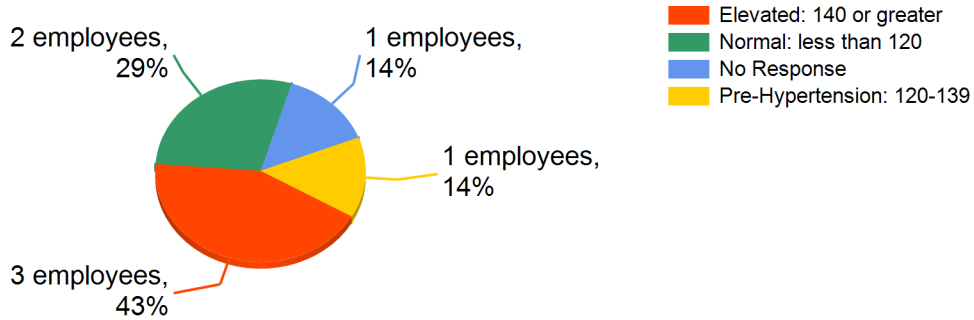




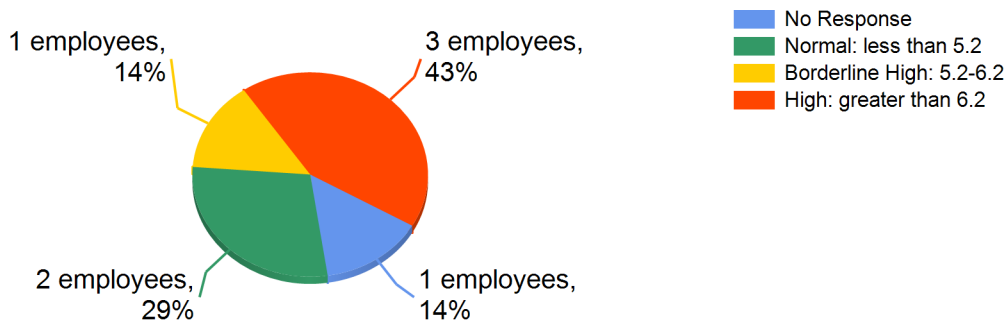


SCREENING RESULTS

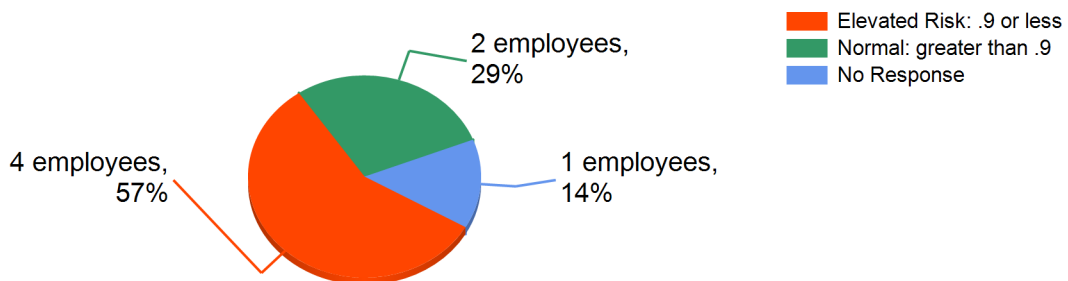
Systolic Blood Pressure Risk Levels



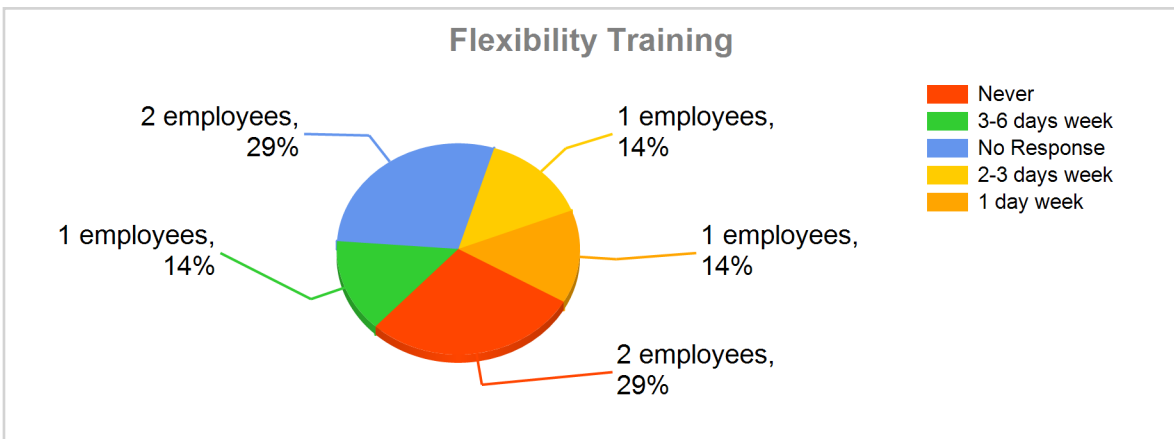
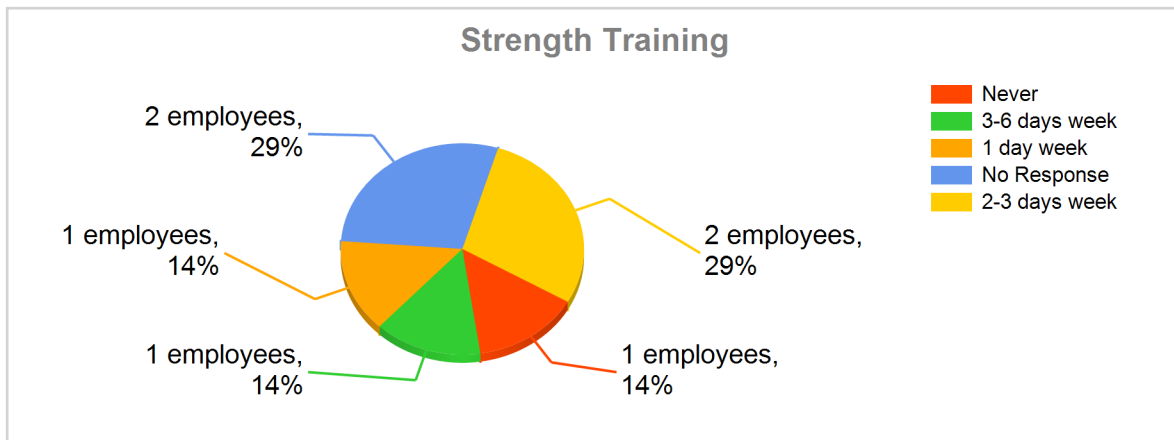
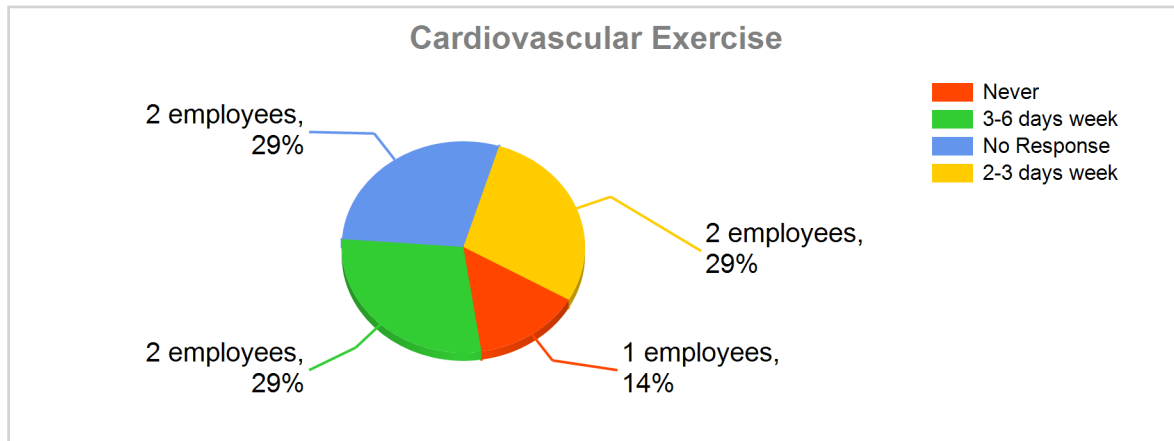
Total Cholesterol Risk Levels



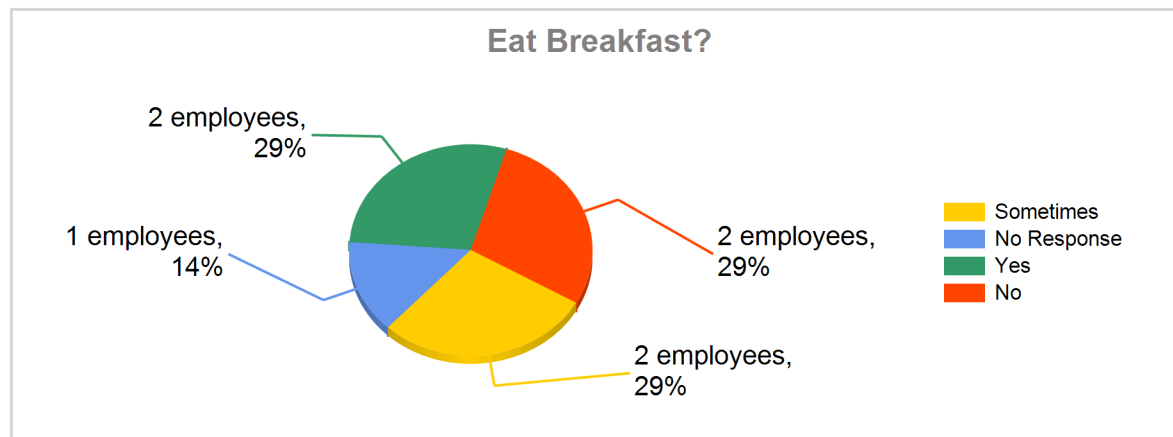
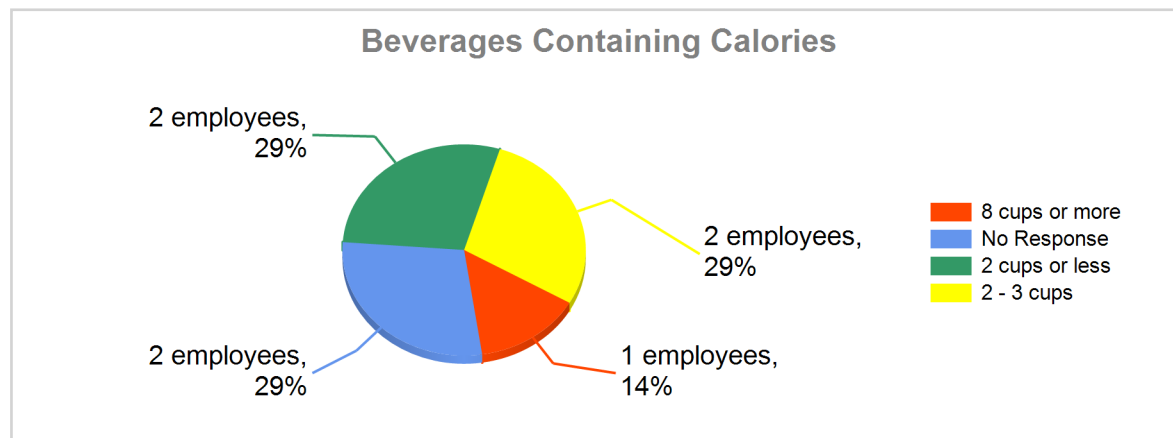
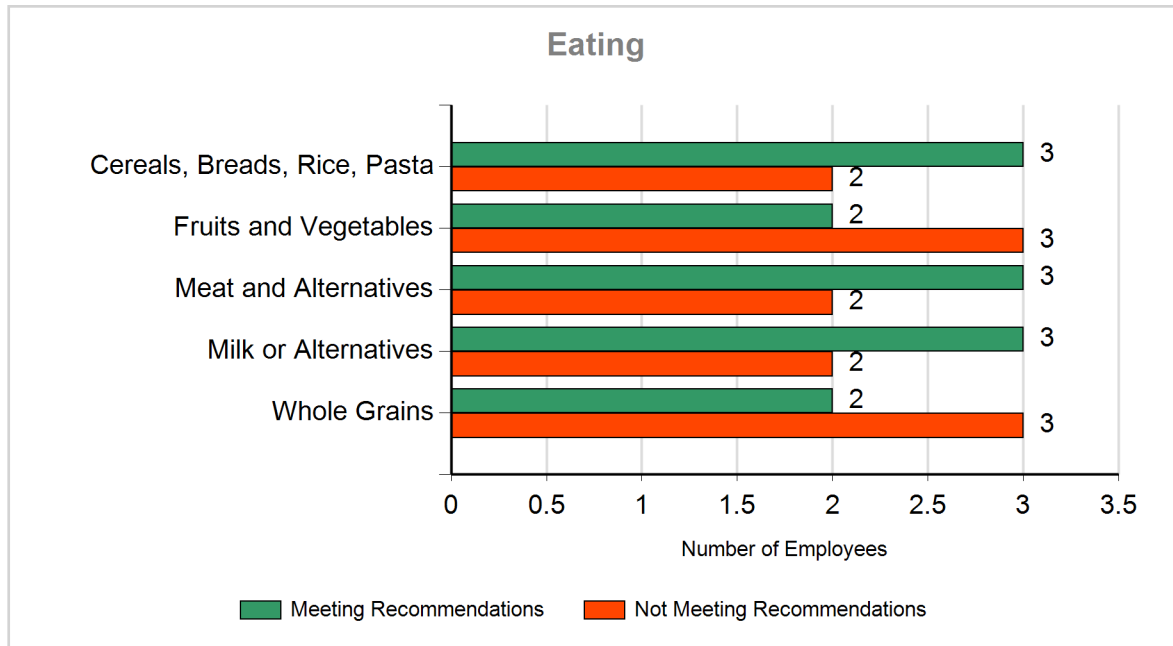
HDL Cholesterol Risk Levels



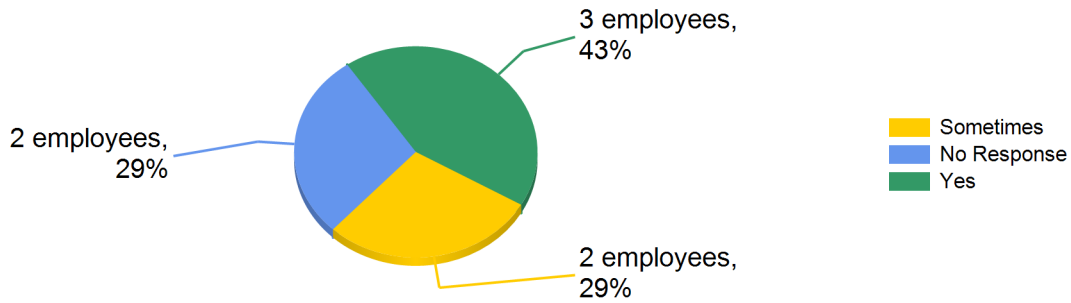
ACTIVITY DECISIONS



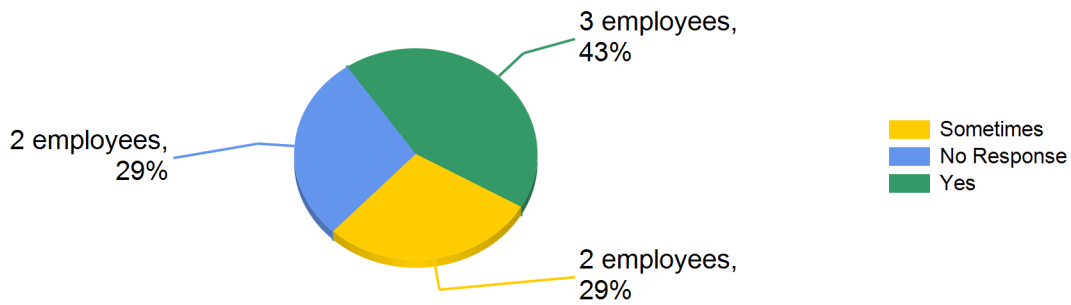
EATING DECISIONS



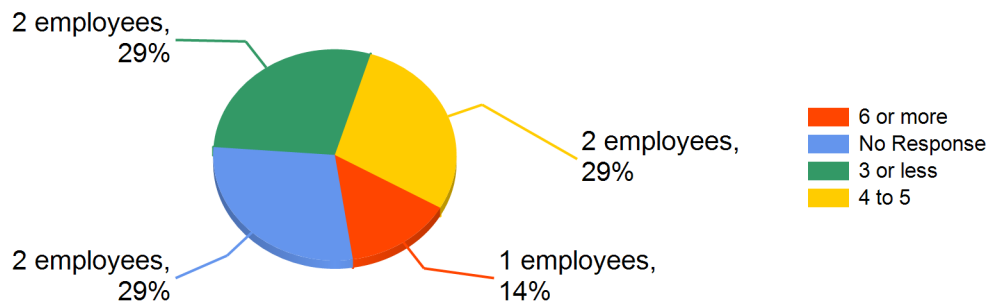
Eat Lunch?



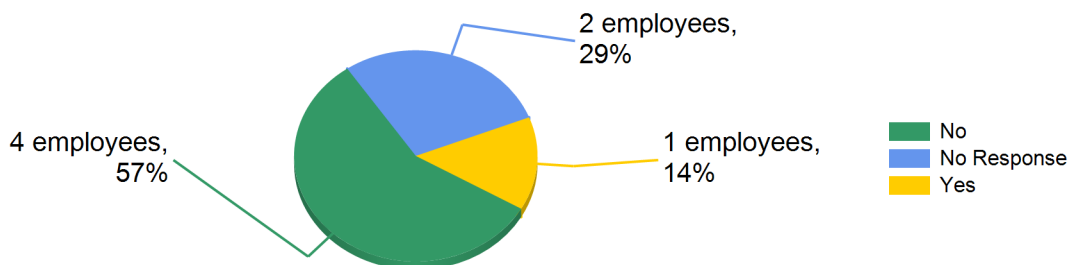
Eat Supper?

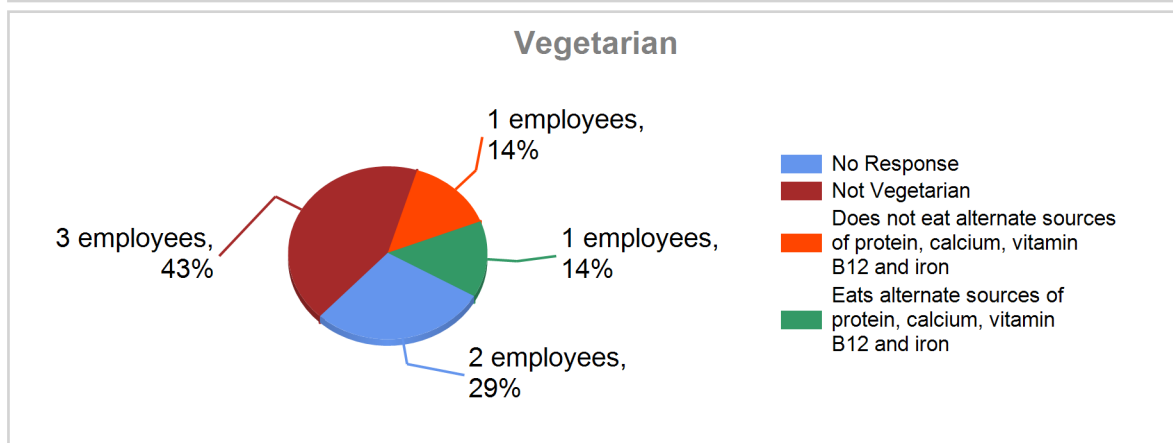
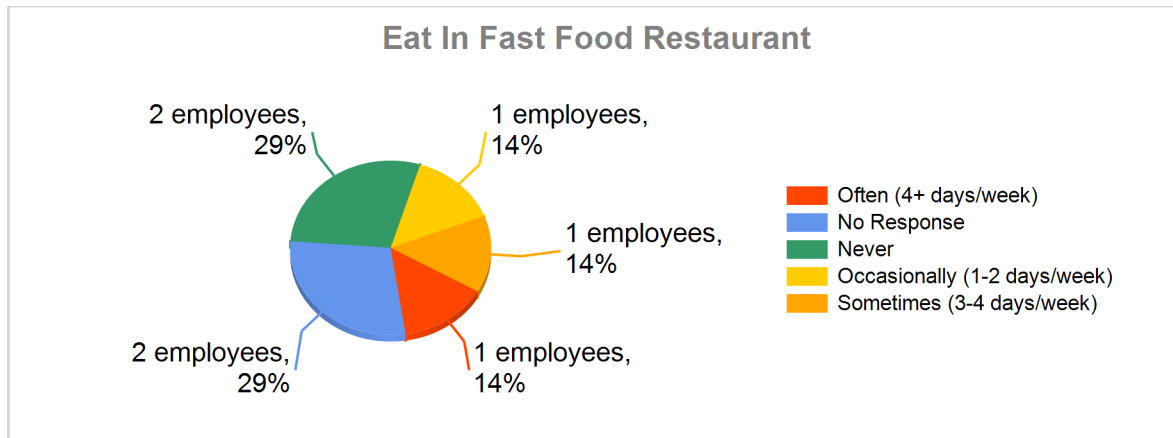


Snacks



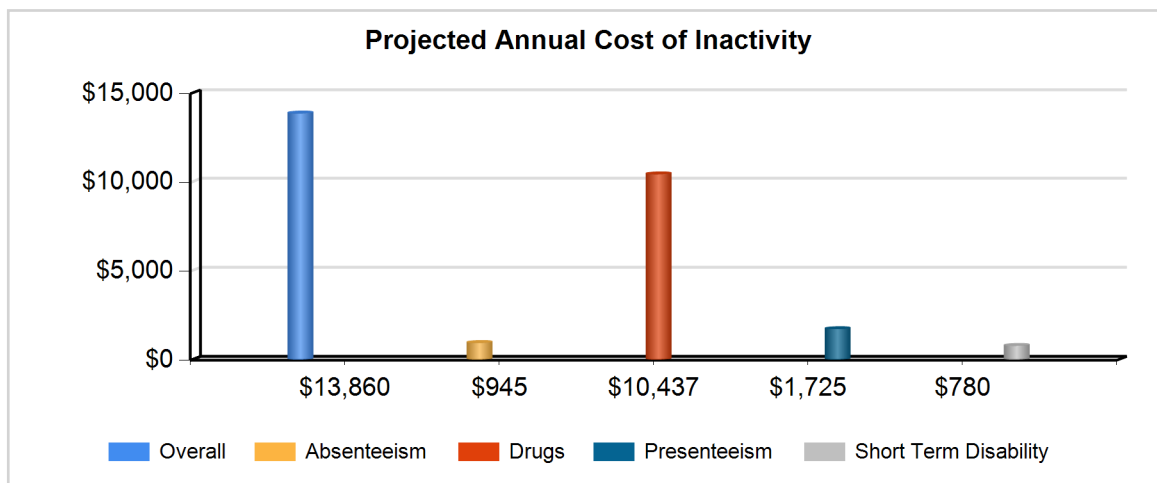
Eat Within 2 Hours Of Going To Bed





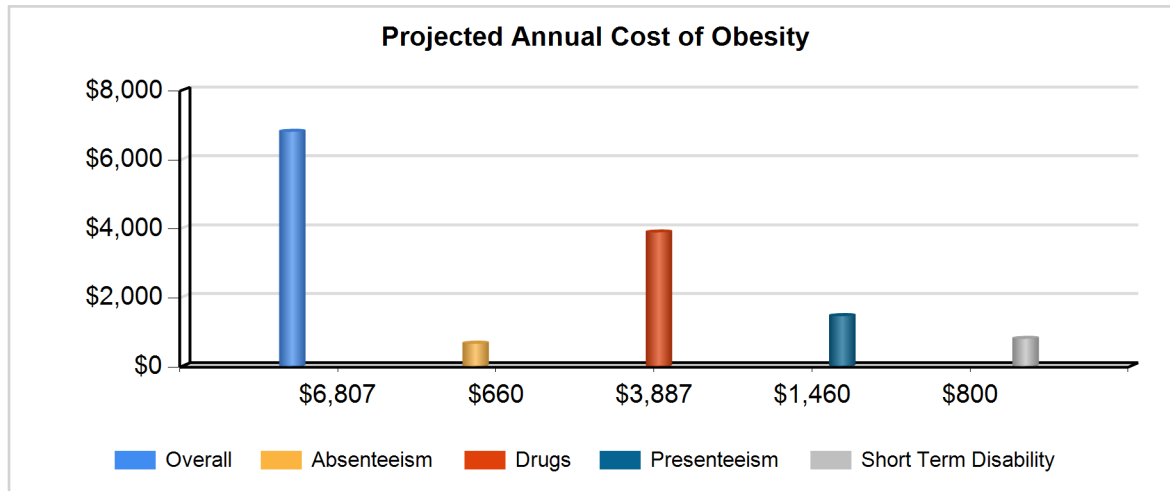
Recommendations

Physical inactivity has a high cost in terms of health. Health costs arise from inactivity's contribution to cardiovascular disease, obesity, diabetes, osteoporosis, mental health and some cancers. An inactive person is one who engages in moderate physical activity less than 20 minutes, 3 times per week. Based on your company's profile, costs can be estimated as follows:



Based on 3rd party research. North American savings. Source information maintained by AIPM.

Obesity has been further studied and can also be associated with the following direct and indirect costs:



Based on 3rd party research. North American savings. Source information maintained by AIPM.

To choose the most effective prevention program, choose the program that will either reduce risks in the most areas or the group with the largest number of employees at risk.

Risk Factor	% High Risk	Physical Activity	Nutrition	Stress	Smoking
Cardiovascular Disease	29%	✓	✓	✓	
Obesity	57%	✓	✓		
Work/Life Balance	57%			✓	
Smoking	43%				✓
Nutrition	57%		✓		
Inactivity	43%	✓			