

Health Risk Assessment

WorldDoc 24/7™ Health Risk Assessment

WorldDoc's proprietary, intuitive and interactive Health Risk Assessment (HRA) collects information about user demographics, biometrics, health history and lifestyle habits. Integration of data already in the WorldDoc system drives appropriate questions and pre-populates responses, making the assessment time-efficient and the results more targeted and comprehensive. It also incorporates the user's prescription medication profile as part of the risk analysis, which significantly improves the ability to evaluate the user's health and identify care gaps.

Based on a user's overall health score and risk profile, they receive a "health age" (an index of chronologic age) to promote recognition of the impact of health habits and risks. In addition, users see a health risk meter showing their risk levels for major preventable conditions (which drive the majority of health costs). The assessment suggests lifestyle changes to reduce these risks, as well as personalized health goals and methods to reach these goals.

Sponsor Benefits

- Engagement of members through relevant, personalized information
- Member risk stratification and interventions based on chronic conditions and gaps in care
- Improved health status and healthcare costs of target populations – emphasis is on medical conditions that contribute the most to overall mortality, reduced productivity and work absenteeism
- NCOA HIP certification for WorldDoc's Health Risk Assessment (HRA) and Interactive Consumer Health Tools - reduced duplicative oversight and inefficient gathering of information
- Robust aggregated reporting outlining the overall health state of a specific population

Individual Benefits

- Assessment of overall health - targeted recommendations to improve health and minimize future health-related issues
- Assessment of compliance for treatment of chronic conditions
- Integration of HRA data with all other health related information for a more complete picture of an individual's overall health
- Conveniently and securely stored health data for easy retrieval in the Personal Health Record and health development tracked over time
- Behavior change supported with goal-specific health tips

The screenshots show the user interface for the Health Risk Assessment. The first screenshot displays a table for entering recent health data:

Enter your most recent:	Value	I Don't Know	Date	Source
Height	6 ft 0 in.	<input type="checkbox"/>	02/20/2008	Self-Reported
Weight	200 lbs.	<input type="checkbox"/>	05/05/2008	Self-Reported
Waist Size	42 in.	<input type="checkbox"/>	12/03/2007	Self-Reported
Avg. Blood Pressure	140 / 93	<input type="checkbox"/>	05/09/2008	Self-Reported
Total Cholesterol	200 mg/dL	<input type="checkbox"/>	02/27/2008	Self-Reported
LDL Cholesterol	110 mg/dL	<input type="checkbox"/>	01/30/2008	Self-Reported
HDL Cholesterol	70 mg/dL	<input type="checkbox"/>	02/27/2008	Self-Reported
Triglycerides	190 mg/dL	<input type="checkbox"/>	10/15/2007	Self-Reported
HbA1c		<input type="checkbox"/>		

The second screenshot shows the results page, including the user's health age and a disease risk chart:

Your Health Age
Your Actual Age is: 44 years old
According to your Health Risk Assessment, you are as healthy as the average: 46 year old

Your Disease Risk
The chart below shows your level of risk of getting common life-threatening diseases. Each disease on scored using the information you supplied earlier. If you already have the disease, the meter will display maximum risk value. You may click on the name of the diseases for more information on that disease.

Disease	Low risk zone	Moderate risk zone	High risk zone
Heart Disease	Low	Moderate	High
Stroke	Low	Moderate	High
Hypertension	Low	Moderate	High
Diabetes	Low	Moderate	High
COVD	Low	Moderate	High
Cancer	Low	Moderate	High
Excess Cholesterol	Low	Moderate	High
Stress & Mental Health	Low	Moderate	High
Mental Depression	Low	Moderate	High

The third screenshot shows a table of test results and a list of goals to work on:

Up To Date?	Test or Exam	Your Last Test	Next Test Due	Recommended f
Yes	Flu Vaccine	12/3/2007	12/3/2008	Yearly
Yes	Pneumonia Vaccine	11/12/2007	11/12/2017	Every 10 years
Yes	Eye Exam	10/1/2007	10/1/2008	Yearly
Yes	Foot Exam	10/1/2007	10/1/2008	Yearly
Yes	Urine Protein	10/1/2007	10/1/2008	Yearly
Yes	Hemoglobin-HbA1c	6/30/2008	12/30/2008	Every 6 months
Yes	Cholesterol	2/27/2008	2/27/2013	Every 5 years
Yes	Blood Pressure	5/9/2008	8/9/2008	Every 3 months

What you need to work on...

At Goal?	Measurement	Your Results	Your Goal
No	Blood Pressure	140/93	Less than or ec 130/90
No	LDL Cholesterol	110	Less than 100
No	Triglycerides	190	Less than 150
No	Body Mass Index (BMI)	27.1	18.5-24.9
No	Hemoglobin A1c (HbA1c)	7.5	Less than 7%
No	Daily Fruits & Vegetables Serving	Three to five times per a week	Almost every da
No	Daily Carb Servings	One to three times a week.	Almost every da

