



What is a Personal Health Assessment (PHA)?

The Personal Health Assessment is a tool that highlights how our lifestyle choices directly impact overall health. Two scores are provided:

- Your Lifestyle Rating is based on your self-reported daily habits related to nutrition, physical activity, alcohol consumption, stress and depression, and tobacco use.
- Your Biometric Score is based on tobacco use, Body Mass Index (BMI), blood pressure, cholesterol levels, and blood sugar.

The Personal Health Assessment Report provides personalized feedback, tips to improve your lifestyle habits, and resources for more information.



How are the two scores calculated?

LIFESTYLE HABITS <i>(Self-Reported)</i>	Points Achievable
Tobacco Use <small>* Up to 30 points will be subtracted from your Lifestyle Score for Tobacco Use.</small>	0*
Nutrition	30
Physical Activity	30
Stress & Depression	25
Alcohol Consumption	15
Total Points	100

BIOMETRIC SCORE <i>(Measurements)</i>	Points Achievable
Tobacco Use	30
Body Mass Index (BMI)	25
Blood Pressure	15
Blood Sugar (glucose)	15
LDL <i>(7 points)</i>	15
HDL <i>(5 points)</i>	
Triglycerides <i>(3 points)</i>	
Total Points	100



Measurements not included in the Biometric Score:

Body Fat %: There are no points assigned to Body Fat %. Body Mass Index (BMI) is the most accurate method for determining the effect of your weight on your health. However, some physically fit people may have a higher BMI due to increased muscle mass. Therefore, if your Body Fat % meets the criteria for “Fitness”, then you will automatically receive the maximum points for BMI.

Total Cholesterol: There are no points assigned to Total Cholesterol. Monitoring your Total Cholesterol is important; however, clinical guidelines indicate that LDL is the prime indicator of cardiovascular risk and the main target for cholesterol lowering therapy, followed by HDL, and Triglycerides.



Why should I participate?

Understanding your complete picture of health and wellness is important. Your health is made up of many factors you can and can't control. Some of those factors you can't control include your age, gender, and family history. On the other hand, you can control your lifestyle habits. Making small, practical changes can improve your health tremendously!

Why is my company offering this?

The Personal Health Assessment is part of a larger initiative. The goal is to assist participants with improving their lifestyle habits and overall health. The information gathered through the PHA provides your employer:

- Wellness Program Summary information comparing your company's results against key health indicator found in The Healthy People 2020 Report. Visit www.healthypeople.gov for more information.
- An overall picture of the health risks of the participant population.
- When the PHA is repeated in subsequent years, aggregate data can be used to monitor trends and improvements.
- Feedback on which types of programs participants are interested in learning more about.
- Wellness Program recommendations to help improve the culture of your company.

What should I do with the information I receive?

The information you receive should serve as a starting point to better health. It's time to **Take Charge and Live Well!** It is recommended that you review your report with your healthcare provider. The results can serve as a good reference point for past or future comparisons.



What information is collected?

The self-reported questionnaire covers topics related to lifestyle habits, general health and safety, readiness to improve, and program interest.

Measurements taken at the time of the blood draw include:

- Weight (shoes off)
- Height (shoes off)
- Body Fat Percentage
- BMI (Body Mass Index)
- Blood Pressure

Laboratory Analysis:

- LDL (Low Density Lipoprotein)
- HDL (High Density Lipoprotein)
- Triglycerides
- Total Cholesterol
- Cholesterol/HDL Ratio
- Blood Sugar
- Nicotine

Who will see my results?

Your results are confidential. Upon completion of the PHA, you will receive a personalized report to help you better understand how your lifestyle habits affect your overall health.

The PHA is administered by ThedaCare At Work. Your lab results become part of the ThedaCare EPICARE medical record. If you see ThedaCare providers, they would have access to these lab results.

No participant information is provided to your place of employment, human resources, or individual managers unless you consent to release this information if your employer offers a bonus related to your score, nicotine result, or other employer-specific program based on participation or results of the Personal Health Assessment.