



Health Power Assessment HRA

Next Generation of HRA Tools – since 1997

Why point & click is better

- Completing HRAs on online is easier, faster, more accurate and lower cost than paper **with** instant results and follow-up tools.

There is 100% data capture (no skipped questions) – AND – groups see participation jump to 97-100% participation, especially when done in conjunction with screenings, wellness rewards, benefit and/or other incentive options.

Personal Reports & Support

- Focus on success regarding controllable risks and efforts in germ resistance, resilience, weight control and prevention of injuries, heart disease and cancer.
- Scientifically designed to accelerate personal improvements in health, risk reduction and use of related support resources.

Patient-Physician Reports

- Designed to reduce unnecessary testing.
- Facilitates improved doctor-patient communication and risk reduction

Aggregate Group Reports

- Identify group-specific risks and associated costs for baseline and planning applications.
- Provides strategy recommendations to reduce the identified leading group-specific risks and costs in as little as 12 months.

Customization Options

- Standard HPA (English and Spanish)
- Print, online and electronic promotion support
- Add additional targeted questions regarding diseases/conditions, support resources...
- Personal report can be tailored to reinforce sponsor and 800#s (EAP, DM, coach) web site and other key resources via all sources
- Group reports – branding, special reports...
- Data mining, predictive modeling and integration for disease/condition management, health coaching and impact/outcome studies with UMHRC, Medstat or other partners

The Health Power Assessment (HPA) quickly assesses over **65** actions, conditions and other risk measures related to current and future health, well-being, performance, and costs. It sets the trend in design, data capture, reports and flexibility, including:

- It can be done online (anywhere), via laptops (during screenings) or paper.
- The HPA takes about 5 minutes when done online or via laptops (at screenings).
- Personal, patient-physician and aggregate group reports designed to improve personal action including follow-up on alerts, risk reduction and prevention.
- A best practice research-basis from nationally acclaimed, published and peer reviewed studies including those from the Health Enhancement Research Organization (HERO) and University of Michigan Health Research Center.
- High degrees of flexibility such as adding new questions, languages, reports, implementation support, follow-up support, branding and customization.

Employers, unions, health systems and health plans use the HPA for better reach, better data, targeting, results and more.

Integrated Delivery Options



HPA Online @ Work, Home, Libraries ...

- Ideal for employees and spouses anywhere.
- The most cost-effective approach to HRAs.
- Completed online on a secure site with options to enter, upload or link to screening data (if available).
- Personal Report can be viewed and printed online immediately.
- Key Features – allow users to have: A) one or unlimited HPAs/year; B) Printed report mailed to home at sponsor request (for all) – OR – user request.

HPA Apps – for laptops, iPads® & other tablets

- Allows for offline HPA completion at screenings, entry of biometrics & encrypted transmission of data when online.
- Personal Report can be mailed and available online.



HPA Paper & Blended

- HPA Paper – mail questionnaire to homes and bring to screenings if needed.
- Blended strategy – mix of above delivery methods based on culture.

All Options and Versions

- Secure online access to results, reports & tools to improve for 12 months.
- All results and reports archived and accessible; subsequent reports show trending.

Other Key Support Options

- Promotion, branding, resource reinforcement, data mining and evaluation.
- Integrated Goal and Action Center to accelerate improvements.
- Integrated disease/condition management and over 500 e-learning lessons.
- Targeted and integrated web, messaging, phone and incentive options.



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