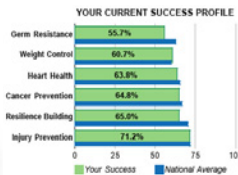


# Core Wellness Screenings



## Nationwide Flexible Delivery

- Reach all locations (any size worksite)
- Reach all employees, all shifts & remote staff
- Reach individuals at home – including spouses
- In U.S. including AK, HA, Puerto Rico & Guam
- Web registration system & phone/other options
- English and Spanish language support
- Includes standard customization of promotion, registration and reports
- No charge for travel

## Customization Options

- Reflex, other test options and related criteria
- Advance customization options for personal, group and special reports
- Change screening components; add questions
- Data mining, risk stratification, predictive modeling and integration for targeted follow-up support (see options below), and impact/outcome studies with UMHRC or other groups

## Key Options for Better Results

- Results can link to other key\* components:
    - Goal and action system
    - Wellness rewards program
    - Benefit & incentive compliance criteria
    - Online e-learning & other decision tools
    - Health coaching support – and / or
    - Disease/condition management support
  - Targeted disease/condition management, health coaching and other follow-up for those “at-risk” for key risks, diseases, conditions
  - Core training in medical self care, early detection, prevention and other key skill areas
- \* See related summaries & Call for Details

## All Screening & HPA Support

- Complies with ERISA, ADA and HIPAA privacy and confidentiality regulations.



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## Core 100+ Screening Components

This wellness screening has over **100** measures including:

- **29** blood chemistry and **10** biometric measures including Glucose, Fructosamine, Total Cholesterol, HDL/LDL Cholesterol and Complete Blood Count, Blood Pressure, Resting Pulse, Body Mass Index and Hip/Waist Ratio.
- Over **65** other measures via the Health Power Assessment (HPA) – plus flexible delivery options including online, laptop, paper and blended strategies (see HPA page).
- Optional reflex tests (automatic and variable by client, age, history, results from other blood tests and other factors) – e.g., HAlc, PSA, TSH, T4, HsCRP, cotinine, % body fat.

## Benefits – Reports, Data & Support

This wellness screening provides these personal and group benefits:

### For Each Person

- Online access blood test results in 3-5 days
- Personal confidential report (online & mailed) with:
  - Easy to understand results and action tips.
  - Guidelines to improve success in heart health, germ resistance, safety, cancer prevention and other goals.
- Patient Summary Report – to give to personal doctor(s).
- Follow-up calls for “critical” lab measures.
- Secure online access to personal results, additional reports and all historic results linked to medical databases for information and guidelines about test results, risk/ disease management, and recommended follow-up with doctor.



### For the Employer and Health Plan

- Full coordination, promotion and registration support.
- Robust Aggregate Group Report documenting top risks and risk-related costs – includes helpful charts, tables, references.
- Pragmatic, research-based recommendations to reduce identified risks, improve health, health care, absenteeism and related costs.
- Improved early detection quality, participation, results and cost-effectiveness .



## Timing Considerations

- Ideally, call to schedule 2-9 months in advance – the earlier the better.
- Ideally, promotion and sign-up begins 4-6 weeks before screening day(s).
- Most worksite screenings occur in the morning between 6am and 11am.
- The wellness screening takes about 12 minutes per person.
- Personal reports are mailed within 2-3 weeks; aggregate group reports follow.

## Risks & Exposures Each Year ...

In most populations, 60-92% of adults are not getting the early detection screenings recommended every 1-5 years.

Many diseases and conditions can be detected through a health screening long before symptoms are noticed.

On average, one out of every ten participants is alerted to a potentially serious illness through these screenings.

Early detection can lead to better healing with most health problems – AND – reduce the severity and cost of an illness.

Monitoring cholesterol and other risks is key to preventing many health problems.

Core wellness screenings can achieve >90% participation at cost-savings of 50-60% (versus health care system rates) and obtain critical data for targeted follow-up, improvement and results tracking.

Wellness screenings help in these and other ways.