

Wellness Africa presents



a new generation

HEALTH RISK assessment



This new generation health risk assessment goes beyond the tip of the iceberg and gathers information related to health practices and work cultures that lead to manifested individual and organizational health risks and present them in a stimulating and systematic way that propel individuals and groups into a healthy future

This NEW GENERATION health risk assessment raises the bar on what a health assessment could do to improve health and work culture...

- ✓ Meaningful to all Employee Levels
- ✓ Identify Stages of Change
- ✓ Accelerate Individual Road to Wellness
- ✓ Deliver Case Management
- ✓ Measure Wellness Culture
- ✓ Inform Wellness Strategy
- ✓ Multi-Dimensional
- ✓ Quality, Comprehensive & Informative Reporting
- ✓ Stimulate Integration
- ✓ Measure Economic Benefit



Iceberg Model

HEALTH RISK

HEALTH PRACTICES

WELLNESS CULTURE

MEANING & PURPOSE

- 43 Health Risk Factors
- 29 Health Practices
- 5 Cultural Dimensions
- Multiple Employee Interest & Preferences
- Readiness to Change
- Economic Benefit

Health Risk Areas

- Personal Profile
 - Health History
- Woman's/Men's Health
 - Bio-Medical Profile
 - Health Care
 - Physical Activity
 - Nutrition
- Mental Health/Stress
 - Financial Health
 - Presenteeism
 - Substance Use
 - Work Health
- Wellness Culture



Implementation Process



Individual Report

- Informative for the Enquiring Mind
- Colourful to Distinguish Risk
- Black and White Printing Compatible
- Health Age Calculation according to Health Practices
- Readiness-to-Change Guide
- Behavior Change Guidance according to Stages of Change
- Thought-Provoking Questions to Kickstart Change



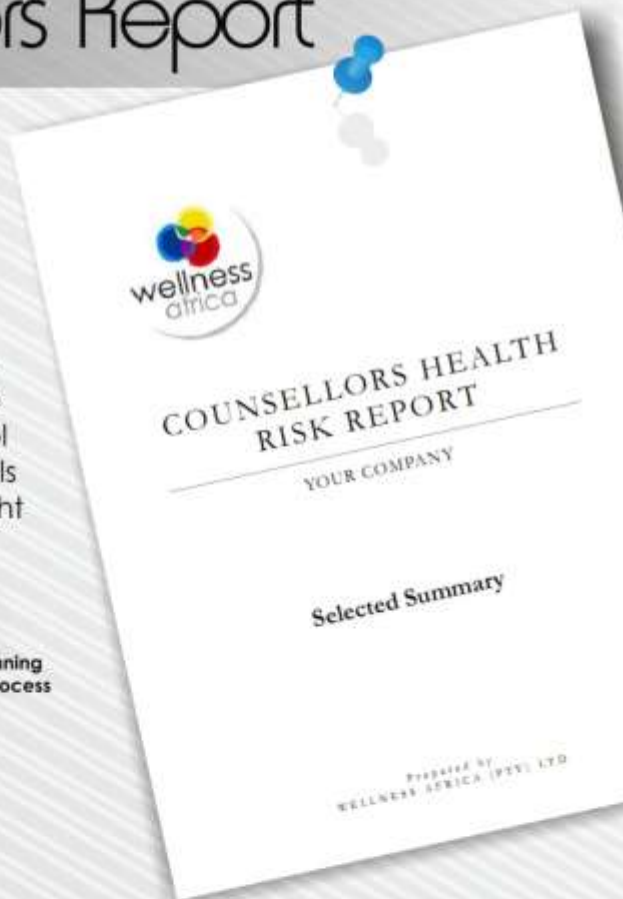
Aggregate Report



- Prevalence of Health Risk
- Organisation's Health Age
- Distribution amongst 3 Major Risk Categories
- Top 10 most Prevalent High Risk Factors
- Number of Accumulated Risk Factors
- Work Disruption due to Health
- Absenteeism Risk
- Presenteeism Risk
- Work Performance Profile
- Top 10 most prevalent Good Health Practices
- Top 10 least prevalent Good Health Practices
- Organisational Wellness Culture Profile
- Readiness-to-Change Profile
- Employee Health Interests and Preferences
- Health Promotion Interests
- Comparisons between Worksites/Departments

Councillors Report

- Employees with accumulation of High Risk Factors
 - Employees with High Risk for Heart Disease
 - Employees with High Risk for Cancer
 - Employees with High Risk for Diabetes
 - Employees that are Sad or Depressed
 - Employees with High Sick Leave Rates
 - Employees with Substance Abuse Risk
 - Employees with High Blood Pressure
 - Employees with High Cholesterol
 - Employees with High Blood Glucose Levels
 - Employees that are Severely Overweight



Individual Report
Aggregate Report
Councillors Report

Wellness Strategy
Sustainability Index
Behavior Change Planning
Case Management Process



Economic Benefit
Sustained Behavior Change
Program Effectiveness
Risk Management

Integration of Efforts
Focused Programs
Supportive/Supported Leader
Competency & Capacity Building

Integrated Business Solution

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