



January 07, 2017 - May 22, 2017

93%

7%

Completed  
(402)

In Progress  
(31)

Actual HRA Completion	<b>93%</b>
Health Culture <b>Good</b> ▲	
Excellent	35%
Good	51%
Fair	12%
Poor	2%
Health Perception ▲	
Excellent	23%
Good	66%
Fair	10%
Poor	1%



Overall Wellness Score **67** ?



**Exams and Vaccines**

Bowel Exam	<b>93%</b>
Blood Pressure Check	<b>85%</b>
Cholesterol Check	<b>73%</b>
Dental Exam	<b>67%</b>
Glucose Check	<b>66%</b>
All Current	<b>63%</b>
Prostate Exam	<b>56%</b>
Pap Test	<b>55%</b>
Physical Exam	<b>51%</b>
Mammogram	<b>33%</b>
Flu Immunization	<b>32%</b>

**Demographics**

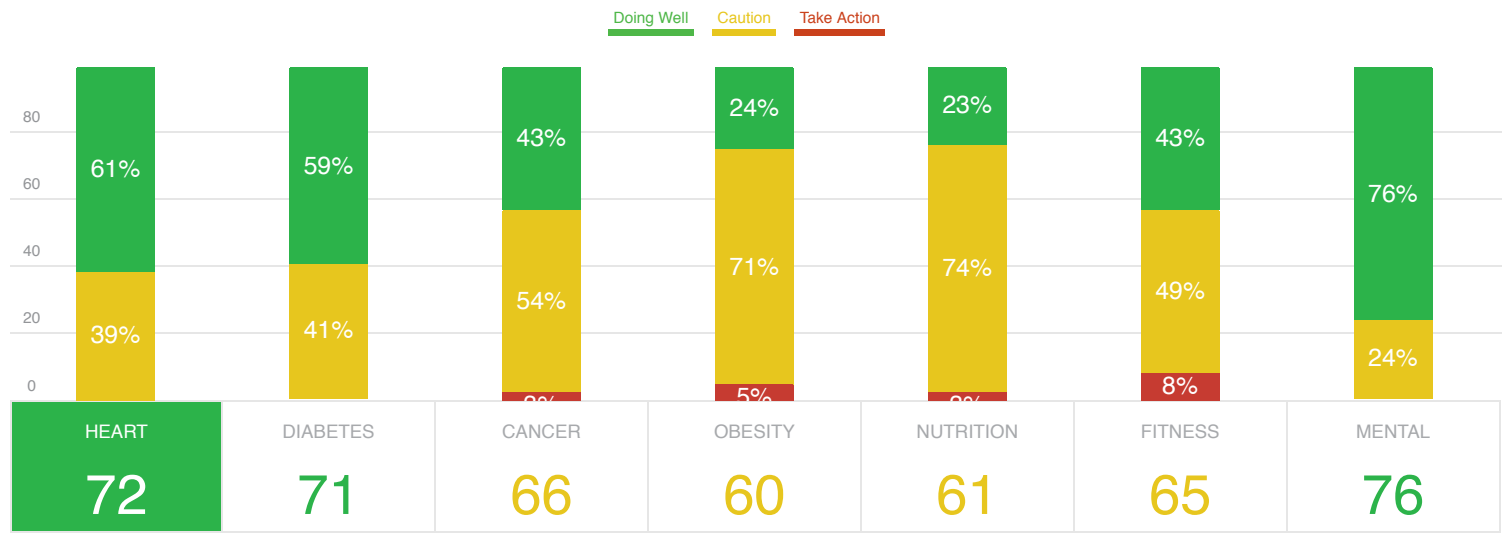
Male	<b>64%</b>	White	<b>92%</b>
Female	<b>36%</b>	Asian	<b>2%</b>
18-24	<b>12%</b>	Hispanic or Latino	<b>2%</b>
25-34	<b>38%</b>	Other	<b>2%</b>
35-44	<b>30%</b>	Don't Want to Say	<b>1%</b>
45-54	<b>13%</b>	Unknown	<b>1%</b>
55-64	<b>7%</b>		
65+	<b>0%</b>		

**Top Health Conditions**

High Cholesterol	<b>16%</b>
Broken Bones	<b>15%</b>
Asthma	<b>13%</b>
Back Pain	<b>10%</b>
High Blood Pressure	<b>8%</b>
Arthritis	<b>3%</b>
Head Trauma	<b>3%</b>
Cancer	<b>2%</b>
Diabetes	<b>1%</b>
Osteoporosis	<b>1%</b>
Heart Disease	<b>1%</b>
Stroke	<b>0%</b>
Lung Disease	<b>0%</b>

**Most Ready to Change**

	Not Interested	Interested	Ready to Change	Recently Changed	Maintenance
Stress	17%	36%	38%	1%	7%
Weight	2%	6%	42%	1%	46%
Blood Pressure	21%	8%	33%	0%	35%
Cholesterol	5%	5%	27%	1%	59%
Glucose	0%	1%	5%	0%	52%
Exercise	0%	3%	5%	8%	66%
Tobacco	1%	2%	3%	20%	74%
Alcohol	46%	15%	14%	1%	20%
Nutrition	2%	11%	57%	10%	20%

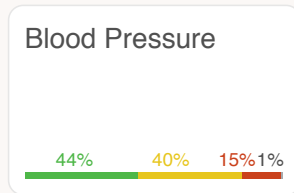
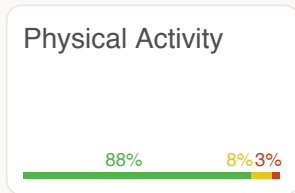
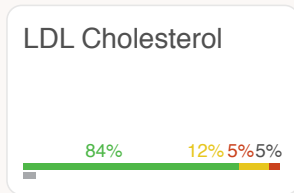


# Heart 72

61% DOING WELL

39% CAUTION

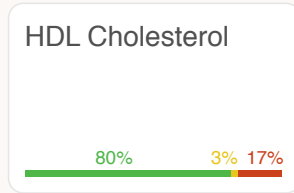
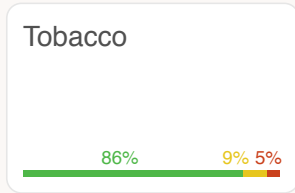
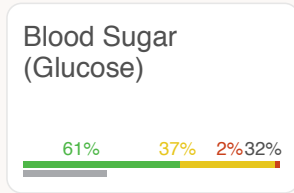
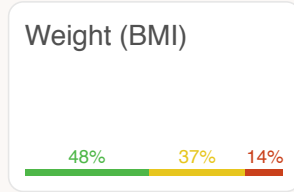
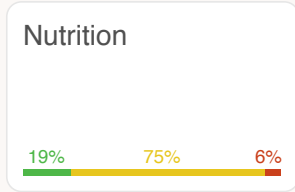
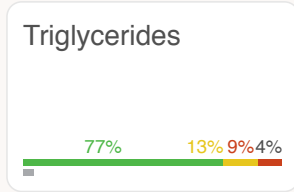
0% HIGH RISK



Heart disease is the leading cause of death and disability in Ireland. Heart failure affects 90,000 Irish people and a further 160,000 Irish people have impending heart failure. Heart disease and stroke are among the most widespread and costly health problems facing the nation, accounting for nearly €660 million in healthcare expenditures and lost productivity annually. A 31% rise in the number of adults with heart disease by 2020 is expected.

The more risk factors present, the higher the likelihood of heart problems or stroke. Some risk factors cannot be changed, but others can be changed.

This report addresses the risk factors that are actionable.



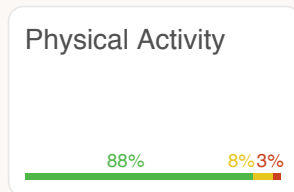
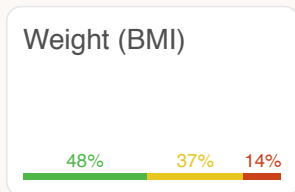
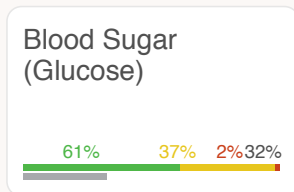
Doing Well Caution Take Action No data

# Diabetes 71

59% DOING WELL

41% CAUTION

1% HIGH RISK

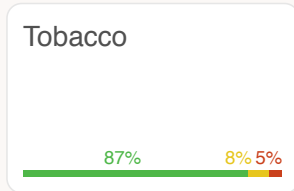
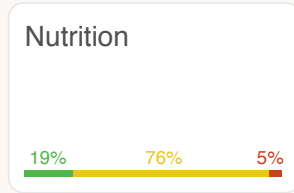
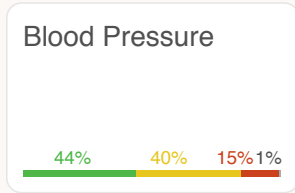
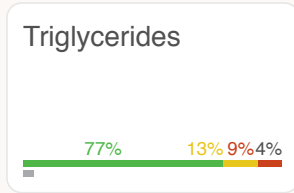


Diabetes is a major cause of death and disability in Ireland. There are 200,000 people in Ireland with diabetes, yet 50 per cent of those people are unaware of their condition. There are over 1 million adults at risk of diabetes in Ireland. Without lifestyle changes, they are likely to develop type 2 diabetes within 5 years.

The burden of adult obesity in financial terms has been estimated as €1.13 billion per annum (safefood, 2012). This does not include the cost of lost productivity. Medical costs for people with diabetes are much higher than for people without diabetes. According to the International Diabetes Federation, diabetes represents the number one cause for admission to dialysis and kidney transplant programmes and is the leading cause of blindness in people of working age. It also accounts for a risk of lower limb amputation of 10 to 12 per cent.

People with diabetes can take steps to control the disease and lower the risk of complications. People can prevent or delay prediabetes from progressing to diabetes.

This report addresses actionable risk factors.



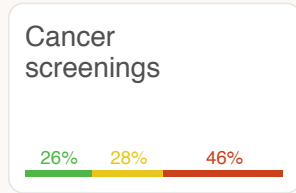
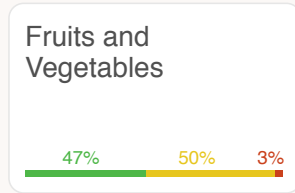
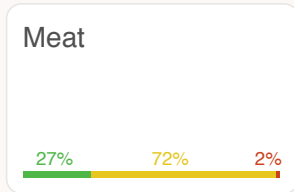
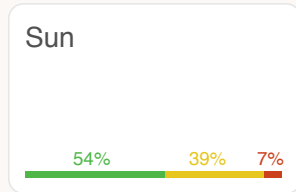
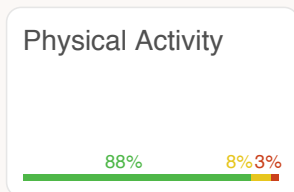
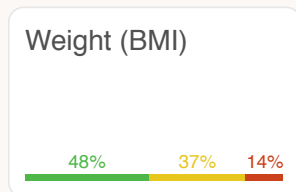
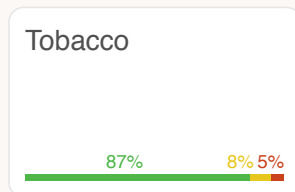
Doing Well Caution Take Action No data

# Cancer 67

43% DOING WELL

54% CAUTION

3% HIGH RISK



Doing Well Caution Take Action No data

Cancer is the second major cause of death in Ireland, after cardiovascular disease, accounting for over 8,000 deaths per year. An average of nearly 30,000 new cases of cancer are diagnosed each year. Obesity is the leading cause of cancer in non-smokers.

The average extra spend per month for a cancer patient is €862, even for patients with a medical card or private health insurance, according to a 2015 survey commissioned by the Irish Cancer Society. Those who cannot work, work less or lose income as a result of having cancer face an income drop averaging €1,400 a month, or €16,750 per year.

Much of the economic impact, individual suffering, and death from cancer could be prevented by more systematic efforts to reduce tobacco use, improve diet and physical activity, and expand the use of established screening tests.

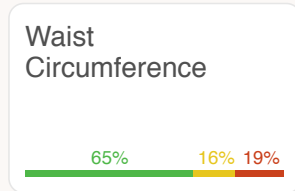
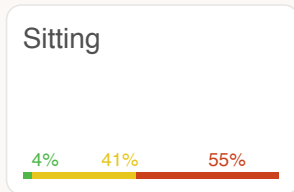
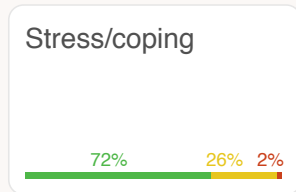
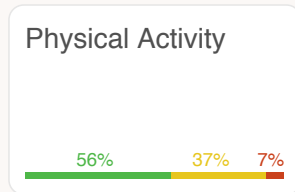
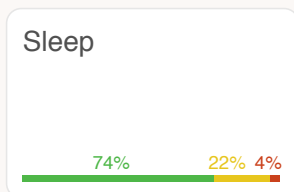
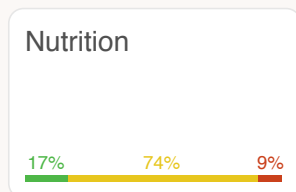
This report addresses these and other actionable risk factors.

# Obesity 60

24% DOING WELL

71% CAUTION

5% HIGH RISK



Doing Well Caution Take Action No data

Overweight and obesity are largely preventable, however, in the past two decades levels of overweight and obesity in Ireland have doubled. Now only 40% of us have a healthy weight. Obesity presents a real clinical, social and financial challenge which could have a detrimental legacy lasting decades, the scale of which is only starting to emerge. The annual estimated economic cost of obesity is approximately €1.13 billion.

Obese people spend 42% more on healthcare than healthy weight people. Extra weight greatly raises the risk for heart disease, stroke, type 2 diabetes, hypertension, high cholesterol, cancer, osteoarthritis, gallstones, sleep apnea, asthma, gallstones, kidney stones, infertility, musculoskeletal problems, and depression.

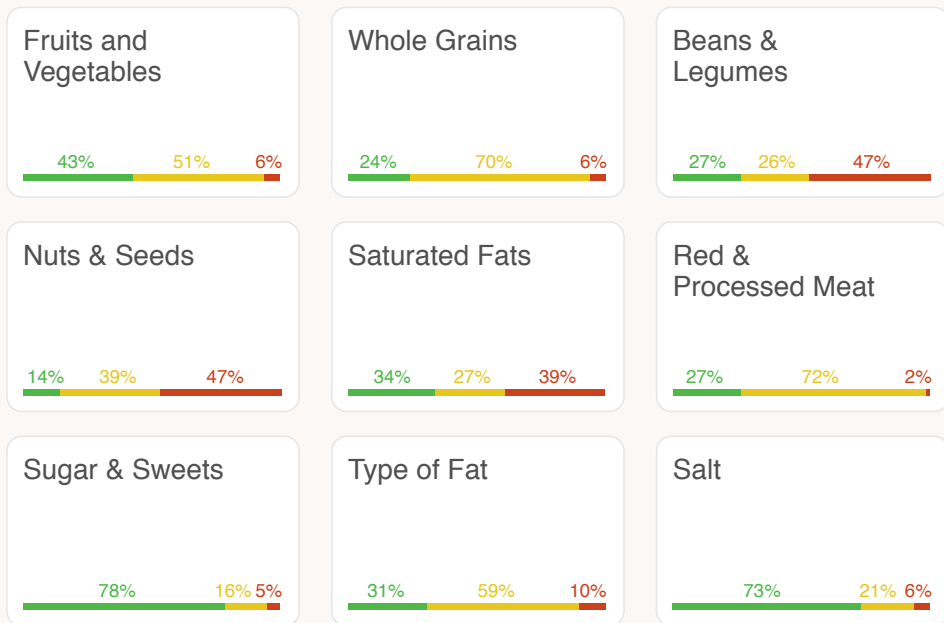
This report addresses actionable measures to prevent and reduce obesity.

# Nutrition 61

23% DOING WELL

74% CAUTION

3% HIGH RISK



Doing Well Caution Take Action No data

Poor nutrition increases the risk of heart disease, hypertension, type 2 diabetes, osteoporosis, and certain types of cancer. It also increases the susceptibility to infection, decreases the ability to metabolize drugs, and impairs physical and cognitive function. Smart food choices lessen the risk of disease, absenteeism, presenteeism, and early death.

A Cambridge University study in 2014 revealed how much cheaper junk food is than healthy food. A thousand calories from healthy food cost €9.50 while the same calories in junk food cost a mere €3.17.

Indirect costs also arise from days of work lost due to illness and lower wages earned due to discrimination, for example. Our National estimated these indirect costs in Ireland to be in the region of €0.37 billion per annum.

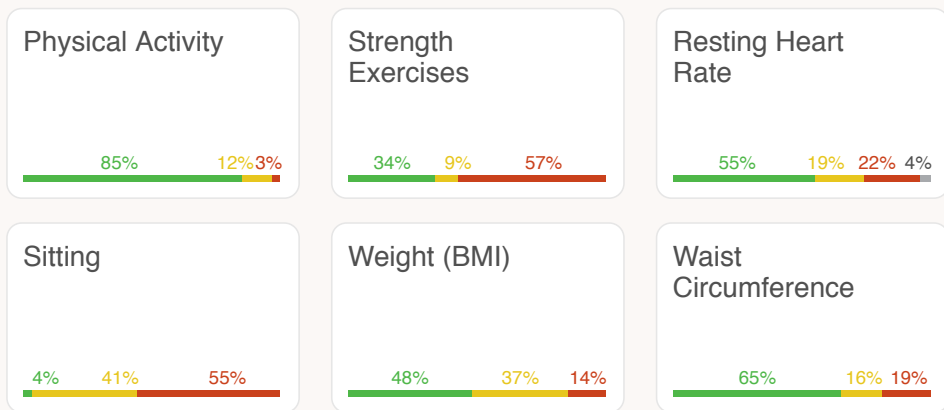
This report addresses actionable nutritional components.

# Fitness 65

43% DOING WELL

49% CAUTION

8% HIGH RISK



Doing Well Caution Take Action No data

Physical activity has beneficial effects on 23 diseases or health conditions. On the other hand, physical inactivity doubles the risk of developing heart disease, type 2 diabetes, obesity, and more. Globally, more than 3 million people die each year due to physical inactivity, making it the fourth leading underlying cause of mortality.

Additionally, a sedentary lifestyle has a direct negative impact on productivity, restricted activity, and absenteeism. Among working adults, inactive employees have double the number of days absenteeism from work compared with employees who are physically active. Estimates of the direct (health care) and indirect costs of physical inactivity (loss of economic output due to illness, disease-related work disabilities or premature death) are alarming. In a worst case scenario these estimates imply a cost in Ireland of approximately €1.5 billion per year.

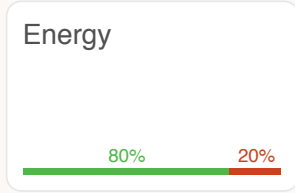
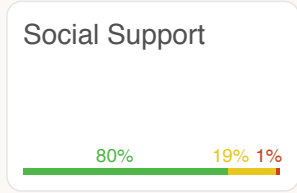
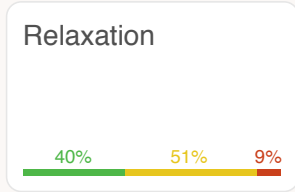
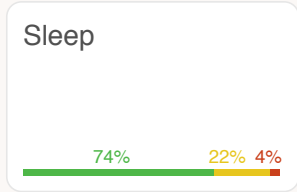
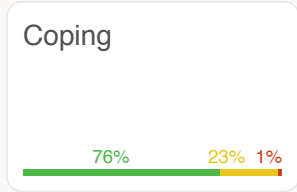
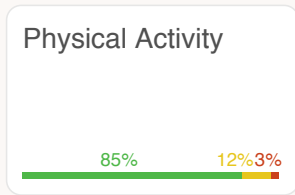
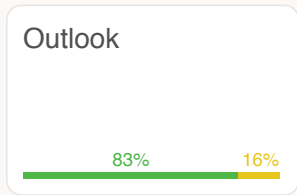
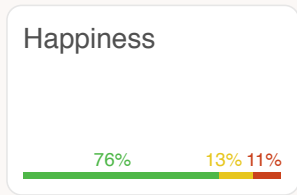
This report focuses on actionable steps to increase activity and fitness.

# Mental 76

76% DOING WELL

24% CAUTION

1% HIGH RISK



Doing Well Caution Take Action No data

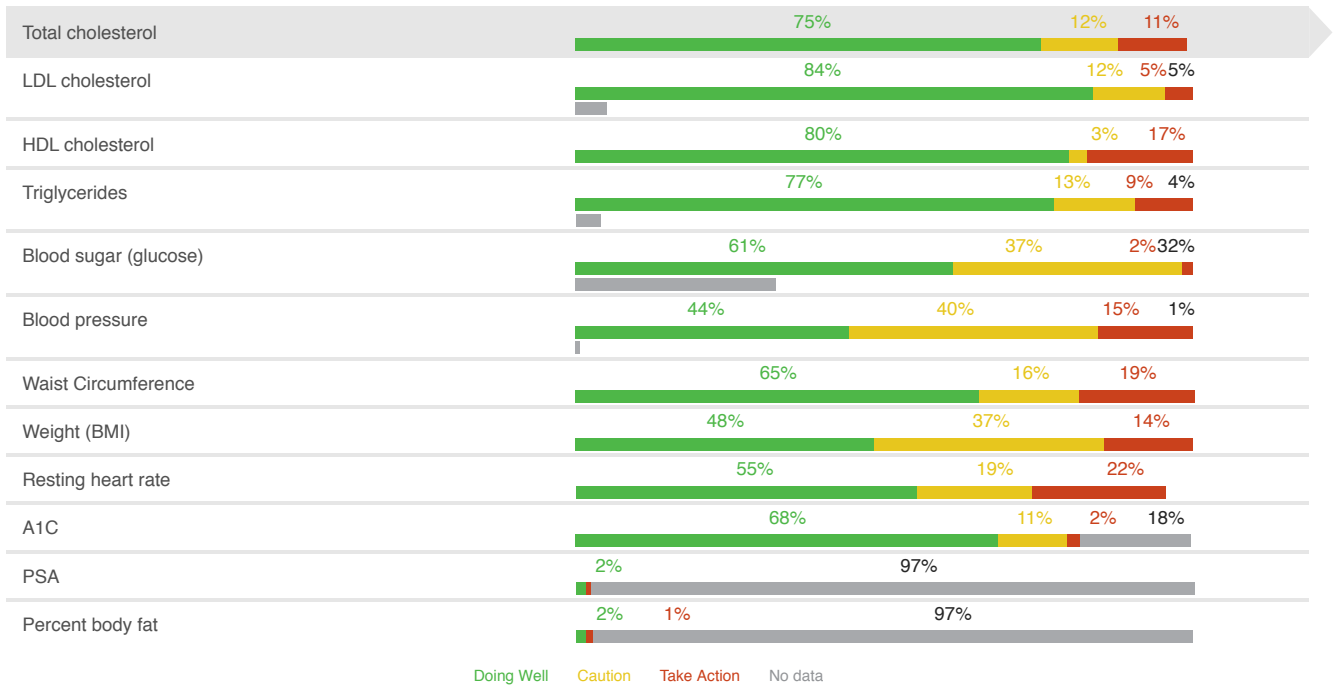
Mental health is the third most costly medical condition, behind heart conditions and trauma and tied with cancer. In their 2013 survey, IBEC identified mental ill health as one of the main causes of long-term absence cited by employers. Beyond the costs of absence dealing with mental ill health at work can be difficult for both employer and employee.

Good mental health is linked to decreased healthcare costs and absenteeism, and increased productivity, longevity, and quality of life.

This report focuses on actionable mental health risk factors.

# Biometrics

## Biometrics



Doing Well Caution Take Action No data

