

# The Health House Personal Report

powered by Wellsuite IV

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## Introduction

The Health House *Personal Report* is a comprehensive, multi-page report that communicates the results of a participant's **Health House Health Risk Assessment (HRA)** and is all powered by Wellsource technology. It includes many details and recommendations, and can be understood easily.

In this document, we will describe the Personal Report as it appears in a PC web browser. The report may also be viewed on a mobile device, in which case the various elements will be arranged responsively to fit the viewing region of the device. The Personal Report may also be printed.

## Report sections

- Overall Wellness Score and Health Age
- Health & Wellness Key Areas Chart
- Key Areas
- Biometrics (Biometry) section


## Scores and value grades

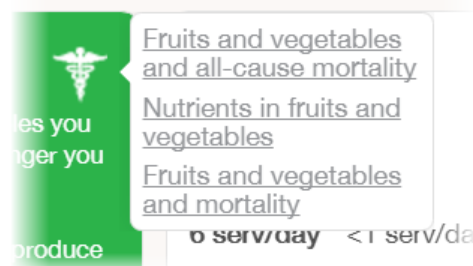
The participant's *Overall Wellness Score* and *Key Area* scores range from **0** to **100**. These scores are calculated using proprietary formulas, which are based on peer-reviewed published research and large-population studies.

Each score falls into one of three *value grades*. All scores are truncated to whole numbers – no decimals. Value grades are represented in the report by a characteristic colour and a corresponding *risk stratification icon* (or *risk icon* for short):

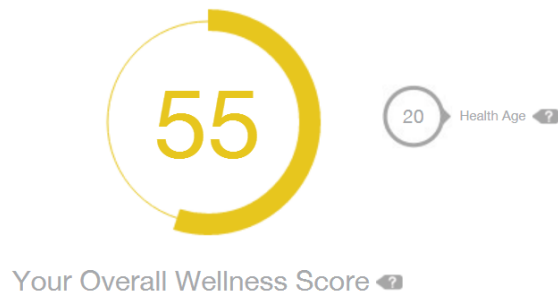
Score	Value grade	Characteristic colour	Risk icon
70 to 100	<i>Doing Well</i>	Green	✓
40 to 69	<i>Caution</i>	Yellow	▼
0 to 39	<i>Take action</i>	Red	!

## The caduceus

Throughout the Personal Report, the *caduceus* symbol  appears whenever there is additional research information available. Clicking this symbol will open a window with hyperlinks to



related medical information.



## Overall Wellness Score and Health Age


### Overall Wellness Score

The *Overall Wellness Score* represents the participant's general health and wellness. It condenses all of the participant's HRA responses and scores into a single overall score in the range of 0 to 100. The heavy arc corresponds to the score (the higher the score, the more of the circle is covered by the heavy arc). The colour of the graphic and the number indicates the value grade of the score, as described in *Scores and value grades*, on page 2.

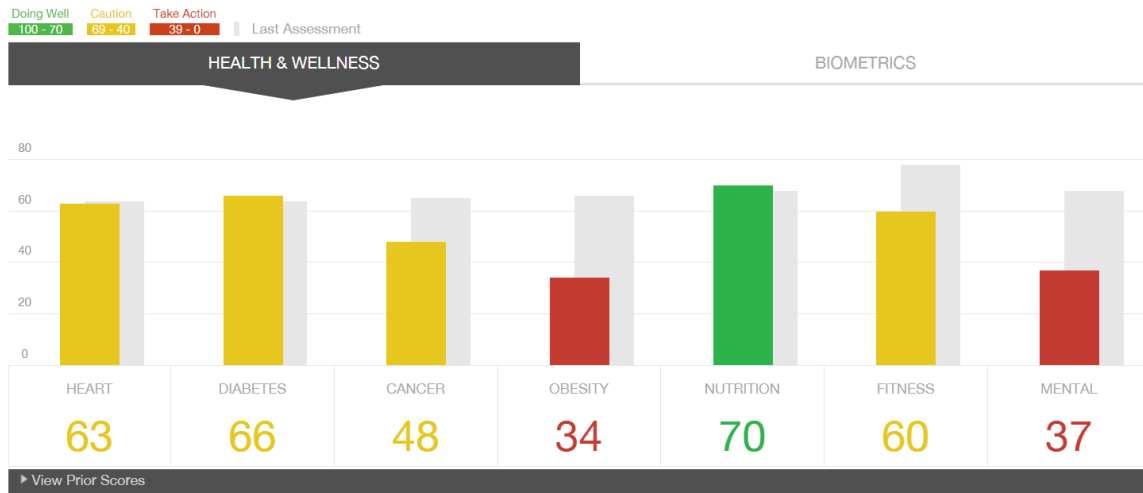
### Health Age

*Health Age* is a measure of how old the participant's body is compared to their actual age. The participant's Health Age is calculated from their HRA responses in areas such as nutrition, physical activity, stress/mental health, and weight. The calculation is adjusted for the participant's sex and chronological age. A participant's Health Age may be older or younger than their actual age.

### The Help icon

Clicking the small question mark icon  will display extra information about either score.

## Health & Wellness Key Areas Chart



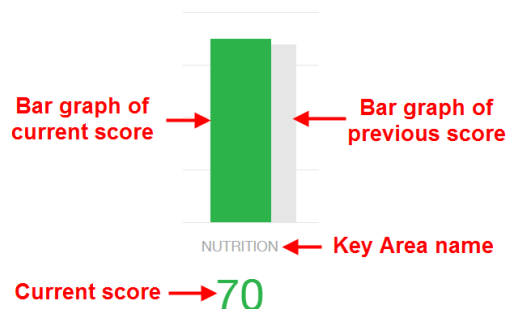
### About this chart

The *Health & Wellness Key Areas Chart* (or ‘Key Areas Chart’ for short) summarizes and graphs the participant’s scores from their most recently completed HRA and – if available – their most recent *previous* HRA.

The Key Areas presented in the chart will vary depending on which HRA the participant took. The sample above represents the **WellSuite IV Workforce HRA**.

Each Key Area score is based on the participant’s current HRA responses and biometrics (biometry) related to that particular area. The current score is shown as a numeric value, and is graphed as a vertical bar of corresponding height, coloured according to the value grade for that score.

The score for the participant’s previous HRA in the same area is shown as a grey vertical bar for comparison.



## Previous Key Area scores

If one or more previous HRAs have been completed, the participant can view their previous Key Area scores by clicking the **View Prior Scores** link at the bottom of the chart. This will expand to display a table of all previous scores. Clicking **View Prior Scores** again will collapse the table.

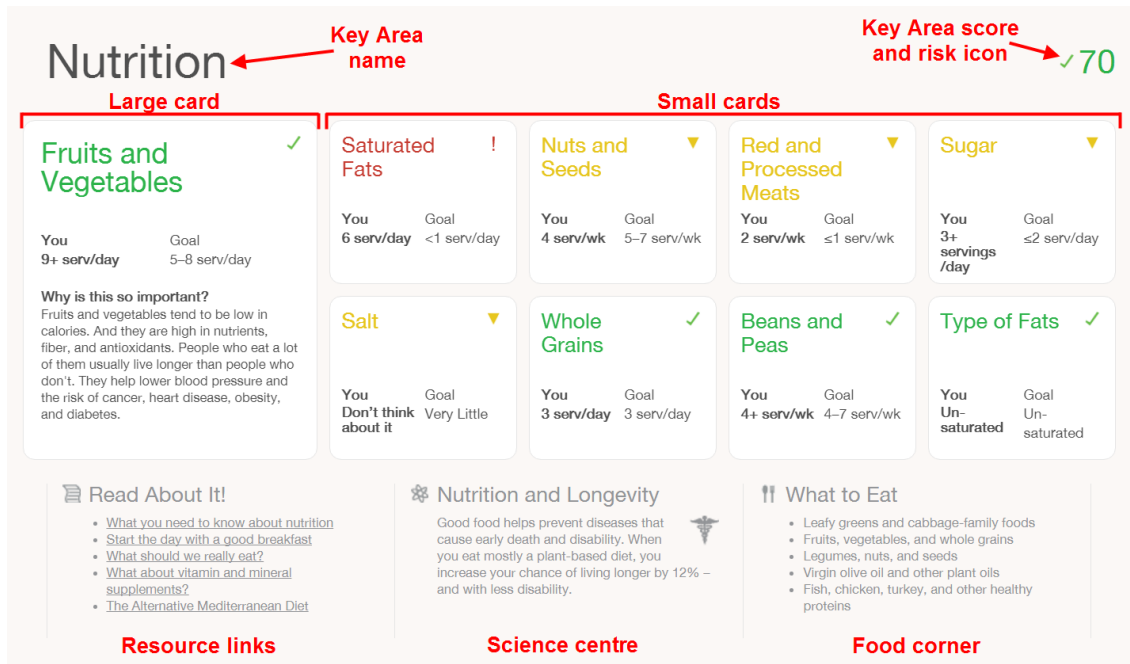
▼ View Prior Scores							
	HEART	DIABETES	CANCER	OBESITY	NUTRITION	FITNESS	MENTAL
MAY 2016	64	64	65	66	68	78	68
APR 2016	50	60	33	50	36	74	52
MAR 2016	86	80	88	88	92	96	76

## Navigate to a specific Key Area

Clicking on any Key Area bar or score will quickly scroll to that Key Area, further down in the report.

## Navigate to the Biometrics (Biometry) section

Clicking on the Biometrics link above the Key Areas Chart will quickly scroll to the Biometrics section of the report.



## Key Areas

### Elements of a Key Area

Each Key area contains a number of elements, each of which conveys important information.

#### Key Area score and risk icon

All of the participant's biometric values and HRA responses relevant to the selected Key Area are evaluated, and this single score in the range of 0 to 100 is calculated and displayed. The related risk stratification icon accompanies it to reinforce the score.

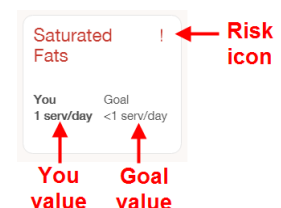


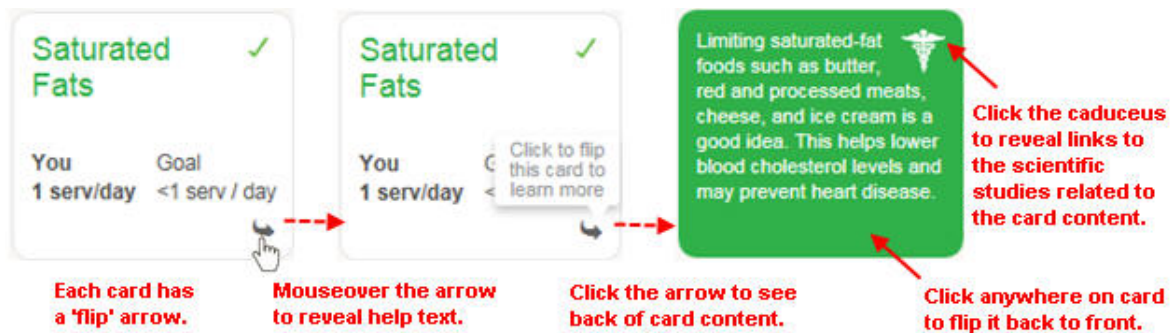
#### The cards

Each Key Area displays a *large card* and up to eight *small cards*. Each card focuses on one element of health and wellness related to the Key Area.

Each card displays several important pieces of information:

- **You:** This is the participant's current value or status for this factor.
- **Goal:** The value or status that would be rated 'Doing Well'.
- **Value grade colour and risk icon:** The participant's current value or status for the factor is evaluated and scored. The colour of the text (red, yellow, or green) and the risk icon show this.



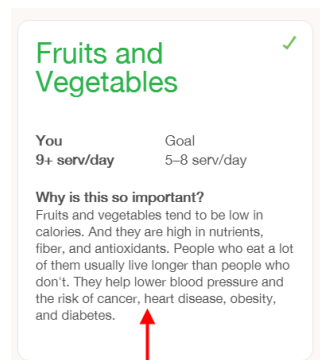


- **Back of card content:** Clicking any card visually ‘flips’ it to reveal additional information related to the factor. There may also be a caduceus icon, which can be clicked to reveal hyperlinks to the research behind the recommendations. Clicking the card again flips it back.

### The large card

The large card in each Key Area represents the single wellness factor that is most important for most people in this Key Area.

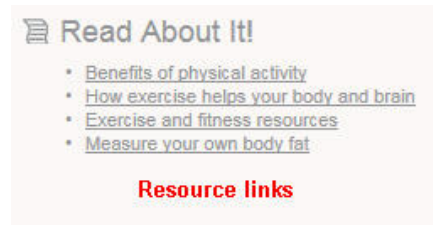
In addition to the information that all cards display, the large card features information about *why* this factor is so important in this Key Area.



Why this factor is so important

### Resource links

Below the array of cards is a block of links to other web pages and documents related to the Key Area. These links are to authoritative organisations and journals not connected with Health House or Wellsource, such as the HSE, Irish Heart Foundation, Irish Cancer Society, American Heart Association, *British Medical Journal*, Centers for Disease Control and Prevention, Diabetes UK, *Lancet*, and NHS UK.



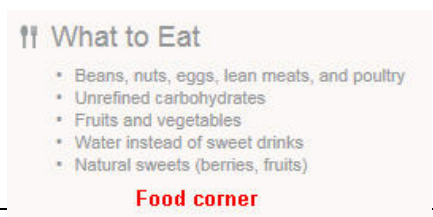
### Science centre

A paragraph of scientific information related to the Key Area is presented. This often contains a caduceus icon, which can be clicked to reveal links to the original studies or journal articles.



### Food corner

Since nutrition plays such an important role in health and wellness, this section contains specific food



recommendations related to making positive change in the Key Area.

## Biometrics section



## About this section

The Biometrics section lists all known biometric values from the participant’s current HRA and – if available – up to four previous HRAs. A risk icon based on medically established point values for a person of the participant’s age, sex, and health history is displayed for each current biometric value. The participant’s *ideal* value is shown, and this is the criterion for receiving a ‘Doing well’ risk icon.

### Risk icons:

- ✓ Doing well
- ▼ Caution
- ! Take action

Only *clinical* values – whether entered by the administrator or by the participant – are shown in this section. Self-reported responses such as ‘Elevated’ or ‘Normal’ are not shown.

## History graph and information

When the participant selects any of the displayed biometrics, a graph is presented that shows the trending of the selected biometric over time. A brief description of the selected biometric is also displayed.