

Workforce Administrator Report

July 9, 2020



Workforce
March 12, 2019 - June 2, 2020

75%

25%

Completed
(21)

In Progress
(7)

Actual HRA Completion	75%
Health Culture	Good ▲
Excellent	15%
Good	50%
Fair	25%
Poor	10%
Health Perception	Fair ▲
Excellent	19%
Good	14%
Fair	33%
Poor	33%



Overall Wellness Score

34 Health Age
AVG. AGE 36

Exams and Vaccines

Pap Test	88%
Physical Exam	86%
Dental Exam	86%
Glucose Check	81%
Cholesterol Check	81%
Blood Pressure Check	81%
Flu Immunization	52%
All Current	19%
Mammogram	100%
Prostate Exam	0%
Bowel Exam	0%

Demographics

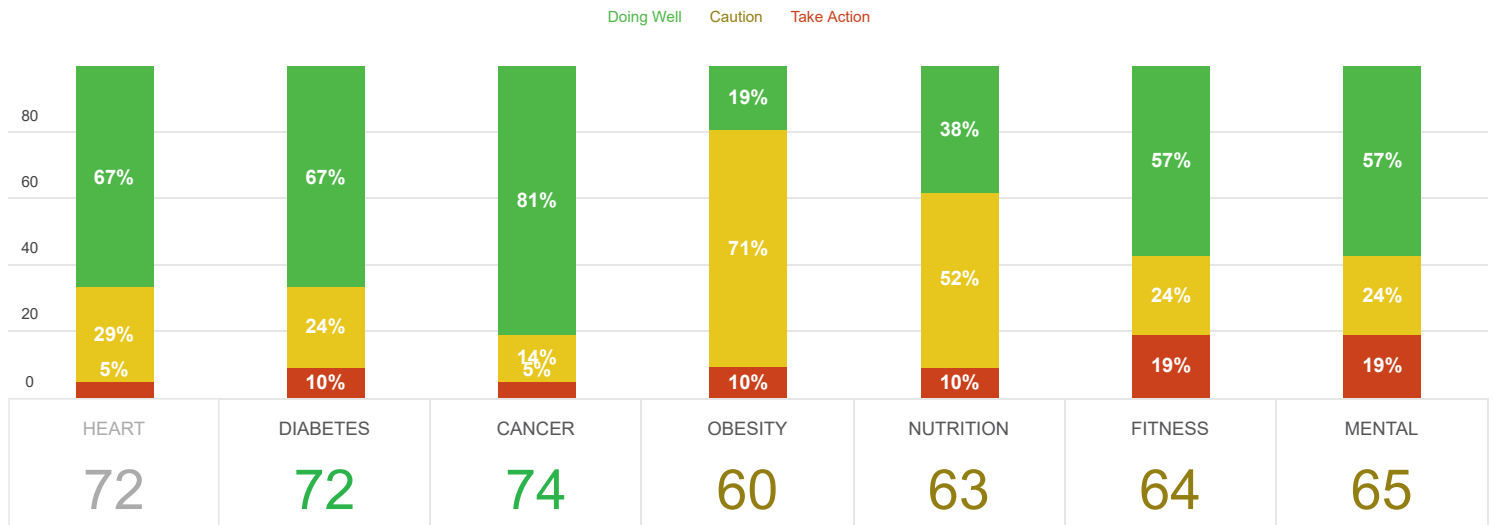
Male	62%	White	95%
Female	38%	Asian	5%
18-24	0%		
25-34	48%		
35-44	48%		
45-54	0%		
55-64	5%		
65+	0%		

Top Health Conditions

Asthma	10%
Broken Bones	10%
Osteoporosis	10%
Head Trauma	5%
Back Pain	5%
Lung Disease	5%
Cancer	5%
Stroke	5%
Heart Disease	19%
High Cholesterol	14%
High Blood Pressure	14%
Arthritis	14%
Diabetes	14%

Most Ready to Change

	Ready to Change	Recently Changed	Maintenance	Interested	Not Interested
Stress	9%	0%	14%	29%	48%
Weight	0%	0%	81%	5%	14%
Blood Pressure	0%	0%	62%	14%	24%
Cholesterol	4%	0%	76%	5%	14%
Exercise	0%	5%	67%	0%	29%
Glucose	4%	0%	76%	5%	5%
Tobacco	0%	14%	76%	0%	10%
Alcohol	0%	0%	43%	5%	52%
Nutrition	9%	0%	14%	19%	57%

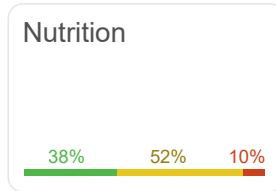
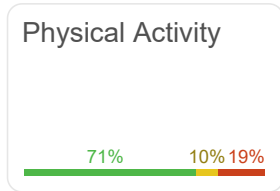
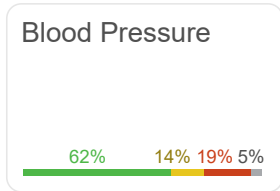


Heart 72

67% DOING WELL

29% CAUTION

5% HIGH RISK

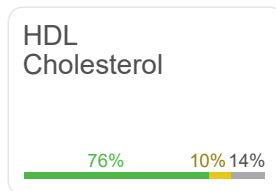
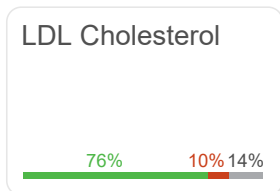
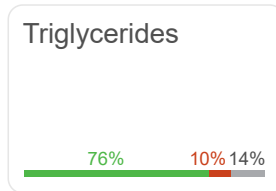
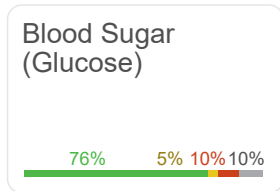
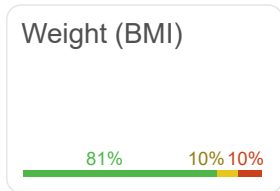


Heart disease is the leading cause of death and disability in the United States. More than 600,000 people die of heart disease in the U.S. each year. That is 1 in every 4 Americans!

Heart disease and stroke are among the most widespread and costly health problems facing the nation, accounting for nearly \$313 billion in healthcare expenditures and lost productivity annually. That cost is expected to triple by 2030.

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.



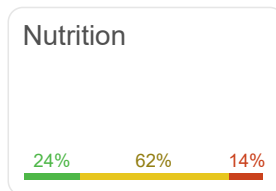
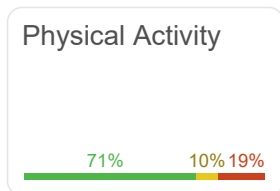
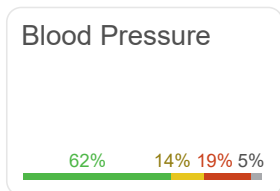
Doing Well Caution Take Action No data

Diabetes 72

67% DOING WELL

24% CAUTION

10% HIGH RISK

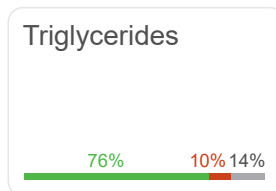
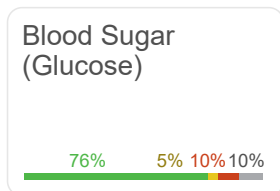
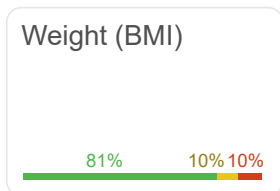


Diabetes is a major cause of death and disability in the U.S. More than 29 million Americans have diabetes. A quarter of them do not know they have it. Another 86 million – nearly 35% of Americans – have prediabetes. Without lifestyle changes, they are likely to develop type 2 diabetes within 5 years.

Diagnosed diabetes costs nearly \$250 billion in healthcare expenditures and lost productivity annually. Medical costs for people with diabetes are twice as high as for people without diabetes.

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.



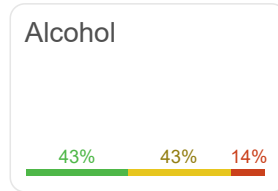
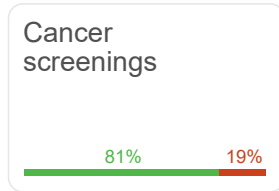
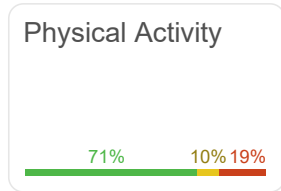
Doing Well Caution Take Action No data

Cancer 74

81% DOING WELL

14% CAUTION

5% HIGH RISK

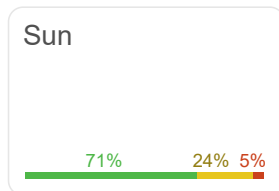
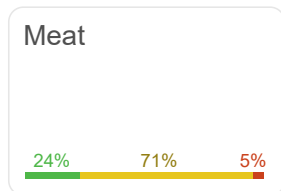
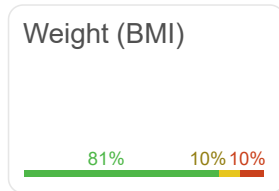
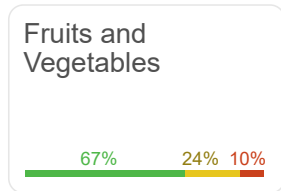


Cancer remains the second most common cause of death in the U.S., accounting for nearly 1 of every 4 deaths. Approximately 1,665,000 new cancer cases are diagnosed each year.

Cancer costs more than \$200 billion annually in healthcare expenditures and lost productivity due to premature death. Employers incur additional costs for covering the absent worker, either temporarily or permanently.

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.



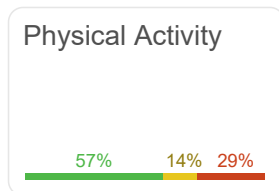
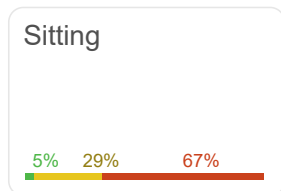
Doing Well Caution Take Action No data

Obesity 60

19% DOING WELL

71% CAUTION

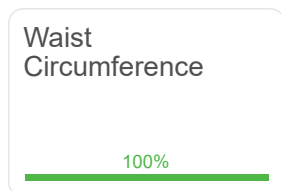
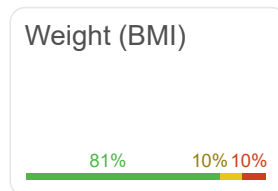
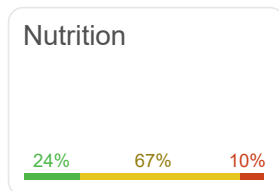
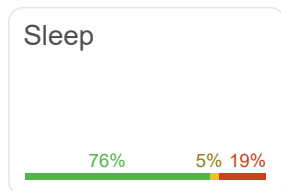
10% HIGH RISK



Currently, more than 1 in 3 Americans is obese. That's expected to increase to 1 in 2 by 2030.

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. Medical costs associated with treating these diseases could reach \$66 billion annually. The loss in economic productivity could be as high as \$580 billion annually.

This report addresses actionable measures to prevent and reduce obesity.



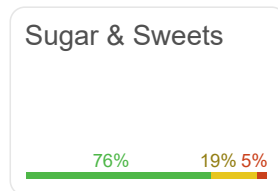
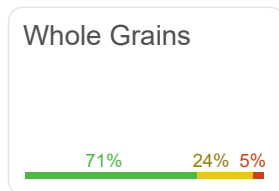
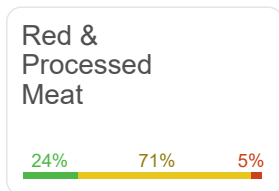
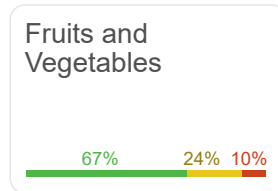
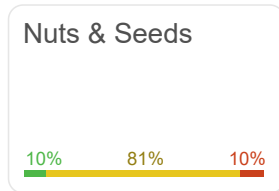
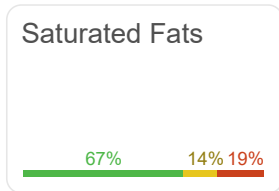
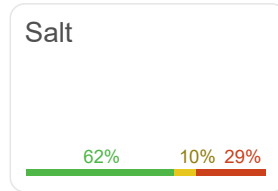
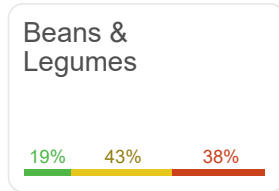
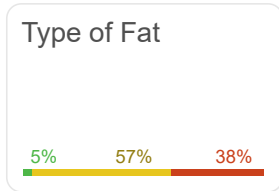
Doing Well Caution Take Action No data

Nutrition 63

38% DOING WELL

52% CAUTION

10% 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 third of all premature deaths in the United States can be attributed to poor nutrition and sedentary lifestyles. Healthier diets might prevent more than \$70 billion/year in medical costs, lost productivity, and the value of premature deaths associated with these conditions.

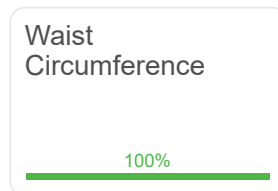
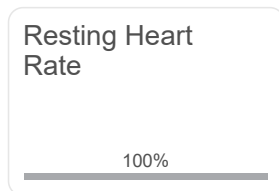
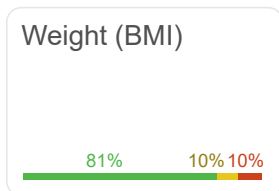
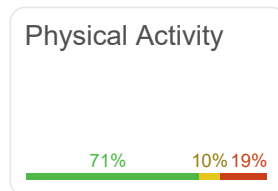
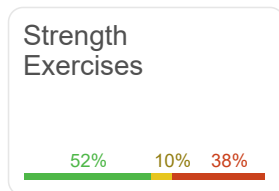
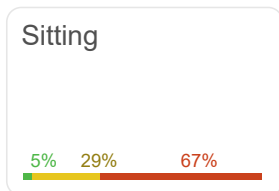
This report addresses actionable nutritional components.

Fitness 64

57% DOING WELL

24% CAUTION

19% 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.

In the United States, annual healthcare costs total more than \$6,000 per inactive individual. Additionally, a sedentary lifestyle has a direct negative impact on productivity, restricted activity, and absenteeism.

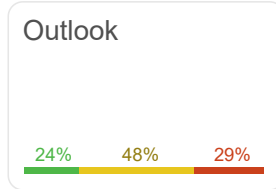
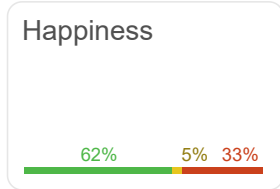
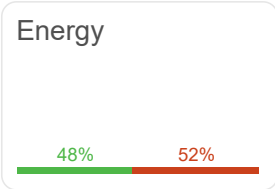
This report focuses on actionable steps to increase activity and fitness.

Mental 65

57% DOING WELL

24% CAUTION

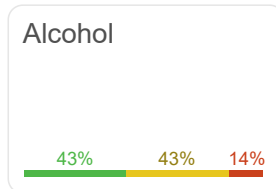
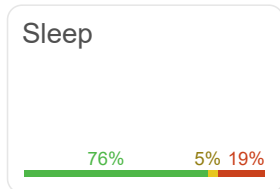
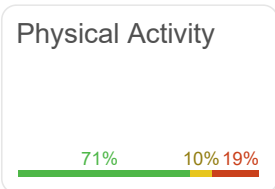
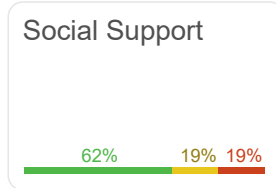
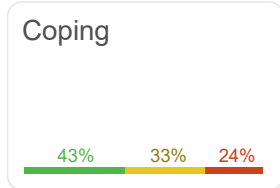
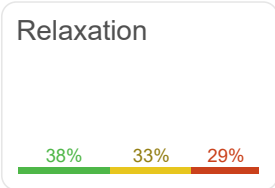
19% HIGH RISK



Mental health is the third most costly medical condition, behind heart conditions and trauma and tied with cancer. Employers lose more than 4 million work days to absenteeism and 20 million days to presenteeism due to mental health issues.

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

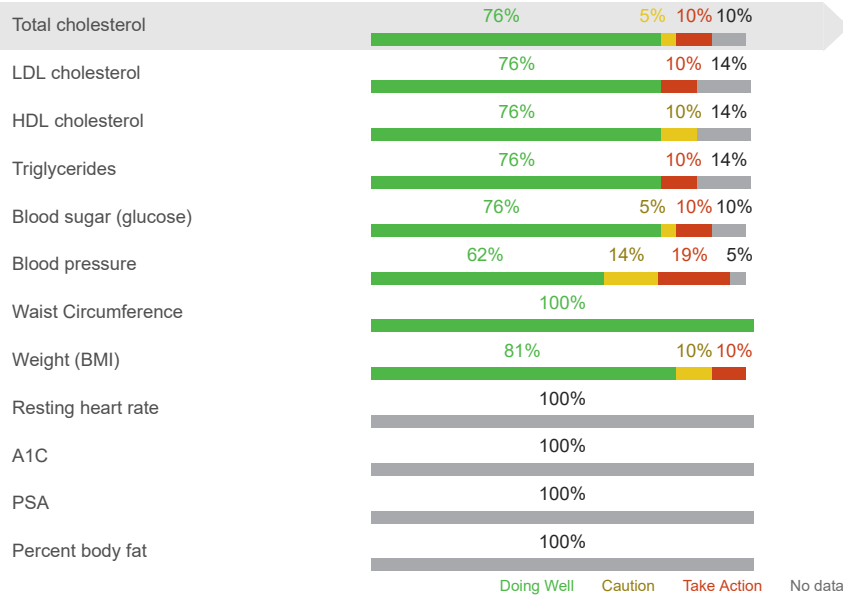
This report focuses on actionable mental health risk factors.



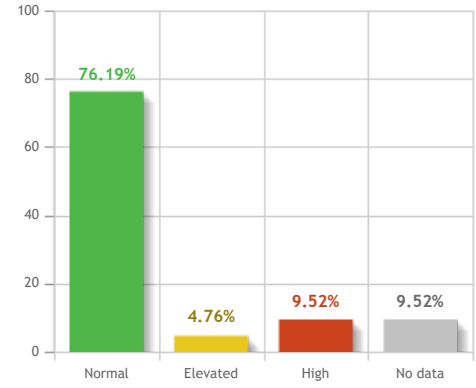
Doing Well Caution Take Action No data

Biometrics

Biometrics



Total Cholesterol



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