

Wellness Profile Executive Summary (Sample)

In conjunction with FedStrive's administration of health and wellness services, Federal Program Administrators receive an annual Wellness Profile Executive Summary report. The report includes rates and frequencies on participant demographics, controllable risk and risk factors, self-reported health status, health conditions, and readiness for change for participating employees. In addition, the FedStrive team will work with Federal Program Administrators to interpret summary results and other information contained in the report to help inform program planning; a critical step in the process of creating and sustaining a positive health impact and reducing health risk. We look forward to working with you and discussing how our FedStrive program can provide targeted wellness services for your specific employee population needs.

Population Summary Data

| | | |
|-------------------------|--------------|------------|
| Total Participants: 450 | Females: 350 | Males: 100 |
| HRAs Taken: 307 (68%) | Females: 245 | Males: 62 |

Age Breakdown for Wellness Participants

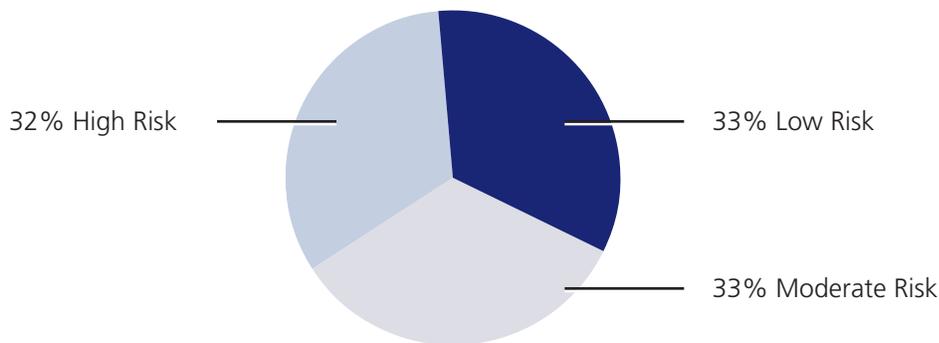
| Age Decile | Count | Average Age: 47.32 |
|------------|-------|--------------------|
| 10-19 | 0 | |
| 20-29 | 13 | |
| 30-39 | 45 | |
| 40-49 | 115 | |
| 50-59 | 109 | |
| 60-69 | 24 | |
| 70-79 | 1 | |
| 80+ | 0 | |

Controllable Risk Breakdown

| Risk Category | Count | Percent |
|----------------------|-------|---------|
| Low Risk (0-2 Risks) | 102 | 33% |
| Moderate (3-4 Risks) | 104 | 33% |
| High (5+ Risks) | 101 | 32% |

Average # Risk Factors: 3.73

'Controllable Risk' is a mixed measure of lifestyle, medical and psychosocial factors that seeks to predict a participant's prospects for disease and/or disability. It is also known as 'Edington Risk Stratification.'



Self-Rating of Health

| Poor | Fair | Average | Good | Excellent |
|---------|---------|----------|-----------|-----------|
| 11 (3%) | 29 (9%) | 69 (22%) | 143 (46%) | 55 (17%) |

Note: may not sum to 100% if any participants left this question unanswered.



Wellness Profile Executive Summary *continued...*

Medical Condition Frequency in Population

| The Top 8 Medical Conditions Reported in Your Population | Count | Frequency |
|--|-------|-----------|
| Allergies | 103 | 33% |
| Arthritis | 53 | 17% |
| Depression | 43 | 14% |
| Anxiety | 41 | 13% |
| Back Pain | 35 | 11% |
| Migraines and Headaches | 31 | 10% |
| Neck Pain | 30 | 9% |
| Digestive Disorder | 29 | 9% |

Heart Disease Frequency in Population

5 (1%) of your participants suffer from heart disease.

0 (0%) participants report CHD symptoms but do not report heart disease.

0 (0%) report a family history of heart disease (only).

Controllable Risk Factors

| The Top 8 Controllable Risk Factors Reported in Your Population | Count | Frequency |
|---|-------|-----------|
| Sedentary Lifestyle | 176 | 57% |
| Overweight (BMI > 27.5) | 164 | 53% |
| High Stress Level | 92 | 29% |
| High Cholesterol | 91 | 29% |
| Low Job Satisfaction | 91 | 29% |
| Hypertension | 74 | 24% |
| High Absenteeism | 74 | 24% |
| Low Life Satisfaction | 73 | 23% |

Readiness for Change

| Desired Change | Count | Frequency |
|------------------------------------|-------|-----------|
| Increased Activity and/or Exercise | 162 | 52% |
| Dietary Improvements | 176 | 57% |
| Weight Reduction | 180 | 58% |
| Stop Smoking | 15 | 4% |
| Reduction in Alcohol Use | 10 | 3% |

For more information please call 800.457.9808, or visit us online: www.FOH.hhs.gov/FedStrive.



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