

*New from The Wellness Councils of America*

# Wellstream

Personal Health Assessment



*One of the most trusted voices in workplace wellness is proud to introduce a new online Personal Health Assessment...*



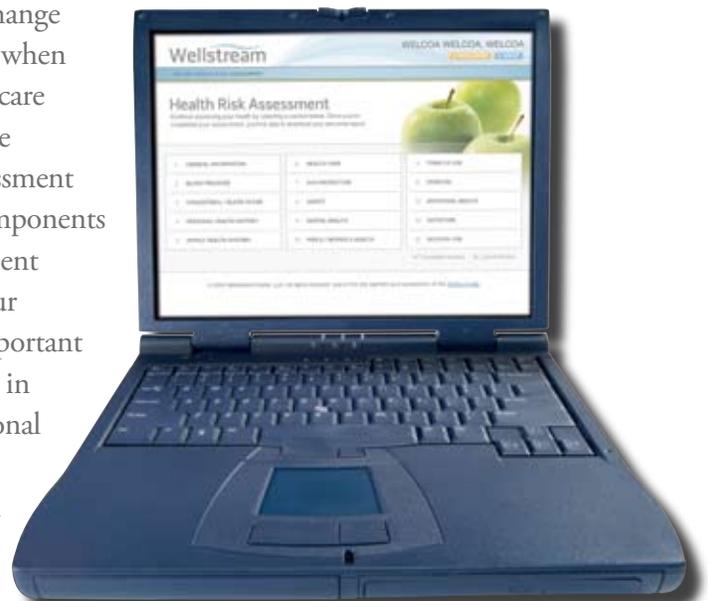
# Introducing Wellstream...

## WELCOA's New Online Personal Health Assessment

The Wellness Councils of America, one of the nation's premier resources for workplace health promotion, is proud to introduce *Wellstream*. *Wellstream* is an innovative, user-friendly personal health assessment. This powerful online tool will help your employees to assess and monitor their personal health status. More importantly, *Wellstream*—through its aggregate reporting function—will allow you as an employer to decipher important organizational health trends and introduce the appropriate health management interventions.

## Why Does My Company Need A PHA?

Plain and simple, you can't change what you can't measure. And when it comes to containing healthcare costs and improving employee health, a personal health assessment is one of the most critical components in the entire health management process. With *Wellstream*, your employees can receive the important health information they need in one easy-to-understand, personal health report. And, as an employer, you'll get a HIPAA compliant aggregate report. It really is that easy.



## What Health Issues Does Wellstream Address?

Specifically, *Wellstream* incorporates an individual's personal health information, family health history, and general health status and correlates it with the following health issues:

- ✓ Blood Pressure
- ✓ Cholesterol/Blood Sugar
- ✓ Dental Health
- ✓ Tobacco Use
- ✓ Exercise
- ✓ Safety
- ✓ Emotional Health
- ✓ Nutrition
- ✓ Men's Health
- ✓ Alcohol Use
- ✓ Sun Protection
- ✓ Women's Health

## Does The Wellstream Assessment Incorporate The Stages of Change?

Yes! *Wellstream* is stage-based and provides participants with questions and report information that address all of the stages of change.

Just imagine what you could accomplish if you had the ability to:

- ⇒ Assess and Track Employee Health Status
- ⇒ Reach Everyone With Personalized, Stage-Based Information
- ⇒ Monitor Important Trends Over Time

*All With One Powerful Resource... Wellstream*



# Wellstream

## An Online PHA Unleashed

### The Personalized, Confidential Wellstream Employee Report

Each person who completes the *Wellstream* assessment will receive a personalized and confidential summary of their current health status.

This report includes an overall health risk level:

- ⇒ Individual risk factor status
- ⇒ Risk levels for specific health conditions including:
  - ✓ Cancer
  - ✓ Diabetes
  - ✓ Mental Health Concerns
  - ✓ Stroke
- ⇒ An itemized assessment highlighting current metrics like
  - ✓ Cholesterol
  - ✓ Blood Pressure
  - ✓ Exercise
  - ✓ BMI, etc. and comparing them to recommended targets set forth by national health and medical agencies
- ⇒ Personalized feedback regarding health screenings, personal health habits and both modifiable and non-modifiable risk factors.
- ⇒ Recommendations for improving health status

### Is Wellstream HIPAA Compliant?

Yes. *Wellstream* has been reviewed by health experts and legal advisors to ensure that this new assessment meets HIPAA regulations and standards.

Wellstream—WELCOA's new personal health assessment—provides users with an eleven-page customized personal health summary and employers with a comprehensive aggregate report...all at the most affordable price in the industry.



*Wellstream's eleven-page personal health summary is an engaging report guaranteed to enlighten employees about their individual health status.*

## Wellstream's Aggregate Report

In addition to each employee receiving an individual report, the organization will receive a comprehensive aggregate report. This 22-page report includes aggregate information on demographics, health risk factors, health conditions, absenteeism, readiness to change and specific organizational recommendations

## Wellstream Is More Than Just A PHA

With more than two decades in the business of worksite wellness, WELCOA can help you set up an aggressive and effective communication campaign and incentives to drive up participation. So when you purchase *Wellstream*, you'll get much more than just an online assessment...you'll get a partner who is committed to helping you succeed.

## Wellstream Can Be Customized

If you're looking for a custom tool, we can help you create a look and feel that's uniquely your own. From adding your logo to complete customization, *Wellstream* can fit any desire.

## Wellstream Is Affordable And Cost Effective

When choosing a personal health assessment, cost is always a factor. That's why we've chosen to price *Wellstream* competitively. In fact, you'll find that *Wellstream* is perhaps the most cost effective PHA in the industry. Please contact a *Wellstream* representative at **402.827.3590** or send an email to **info@wellstreamonline.com** to inquire about custom pricing.

Contact WELCOA Today for Your Price Quote

Phone: 402.827.3590

Email: info@wellstreamonline.com

# Wellstream

## Personal Health Assessment

### About Wellstream

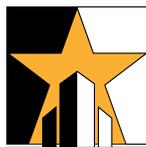
*Wellstream* is an innovative and unique personal health assessment designed and delivered by the Wellness Councils of America (WELCOA) and Electric Pulp (EP). By combining their collective experience of more than 25 years of building results-oriented worksite wellness programs and creating high-tech, user-friendly health solutions, both WELCOA and EP are proud to introduce Wellstream—one of the nation's premier personal health assessment.

*Wellstream* assesses major risk factors and lifestyle habits including: smoking, physical activity, nutrition, stress and a variety of other important biometric information.

One of the most affordable personal health assessments available, *Wellstream* provides not only individual reports but aggregate reports as well. *Wellstream* is available both electronically and in hard copy format.

All information is meticulously managed in a HIPAA compliant manor.

### About WELCOA



Based in Omaha, NE, WELCOA was founded in 1987 as a national non-profit membership organization dedicated to promoting healthier life styles for all Americans, especially through health promotion initiatives at the worksite. Specifically, WELCOA focuses on building Well Workplaces—organizations that are dedicated to the health of their employees. The Well Workplace process provides business leaders and members with a structure or blue print to help their organizations build results-oriented wellness programs. In addition to helping organizations build structurally sound wellness programs, WELCOA responds to thousands of requests for information and materials by publishing a number of source books, a monthly newsletter read by approximately three million readers, an extensive line of brochures, as well as conducting numerous training seminars.