

# *My*Health Questionnaire

## health risk assessment



This Web-based, 20-minute assessment, offered at no cost, supports employers who want their wellness programs to both reflect employees' needs and align with company objectives. Based on the latest science and best practices, this assessment identifies employees' health risks and modifiable lifestyle risk factors — as well as employees' readiness to change. It then provides employees with tailored messaging to engage them in programs that can enable them to manage their clinical conditions and mitigate their lifestyle risks — and enable you to improve your health care cost trend.



## Features and Benefits for the Employer

- ❑ Provides a baseline aggregate assessment of employees' current health status, including chronic health conditions and lifestyle risk factors
- ❑ Shows you which program interventions and messaging are likely to work best to encourage your employees to adopt and sustain healthy new behaviors
- ❑ Encourages employees to take responsibility for their own health

## Features and Benefits for the Employee

- ❑ Compares each employee with others of the same age and gender from throughout UPMC WorkPartners' entire book of business
- ❑ Provides an overall wellness score of 1-100 points, with 100 being the best, and offers steps for improvement
- ❑ Provides each employee with a quick one-page summary of findings, the opportunity to enter information into a convenient electronic personal health record, and the option to have a copy sent to the employee's primary physician
- ❑ Helps employees enroll in programs designed to lower their particular health risks and improve their quality of life

The *MyHealth* Questionnaire is a proven assessment tool that will enable you to evaluate your employee population's health risks and introduce appropriate wellness initiatives.



## Options

- ❑ WorkPartners' Health Promotion Department staff are available to advise you on which kinds and sizes of incentives will work best to maximize participation by your employees in programs and activities that will mitigate their health risks.
- ❑ Health Promotion staff can also recommend appropriate assessments and incentives to support positive health changes for your employees' spouses and adult dependents.

## Engagement Strategies

- ❑ Our assessment tool provides encouraging messages that promote the benefits of positive behavior change.
- ❑ Employees receive a personalized summary sheet that displays their modifiable health risk factors and invites them to participate in wellness programs.
- ❑ After reviewing their assessment score and summary sheet, employees can call a personal health coach in order to review their results in detail, enroll in WorkPartners lifestyle and chronic condition management programs, and access available community resources.
- ❑ Employees are stratified into low-, medium-, and high-risk groups for each of several risk factors, to facilitate direct targeted outreach by personal health coaches.

## Wellness Consultation Services

- ❑ The *MyHealth* Questionnaire can be used to develop a multi-year strategy and a comprehensive program to improve the overall health of your workforce while reducing health care cost trends over time.
- ❑ WorkPartners will provide a detailed analysis of your employees' risks and readiness to change, as well as our recommendations for programs and services to mitigate health risks and improve health care cost trend.
- ❑ Our integrated team of professionals addresses your employees' needs for both chronic condition management and lifestyle health risk mitigation.
- ❑ Creative and cost-effective programming works within your budget and provides a sound return on investment.

Based on the **latest science, research,**  
and **best practices,** this assessment  
**identifies** employees' chronic health risks and  
modifiable **lifestyle risk factors** — as well  
as employees' **readiness to change.**



UPMC  
**WorkPartners**

Two Chatham Center, 4th Floor  
112 Washington Place  
Pittsburgh, PA 15219

[www.workpartners.com](http://www.workpartners.com)

1-866-229-3507

