

Core and Supplemental Modules

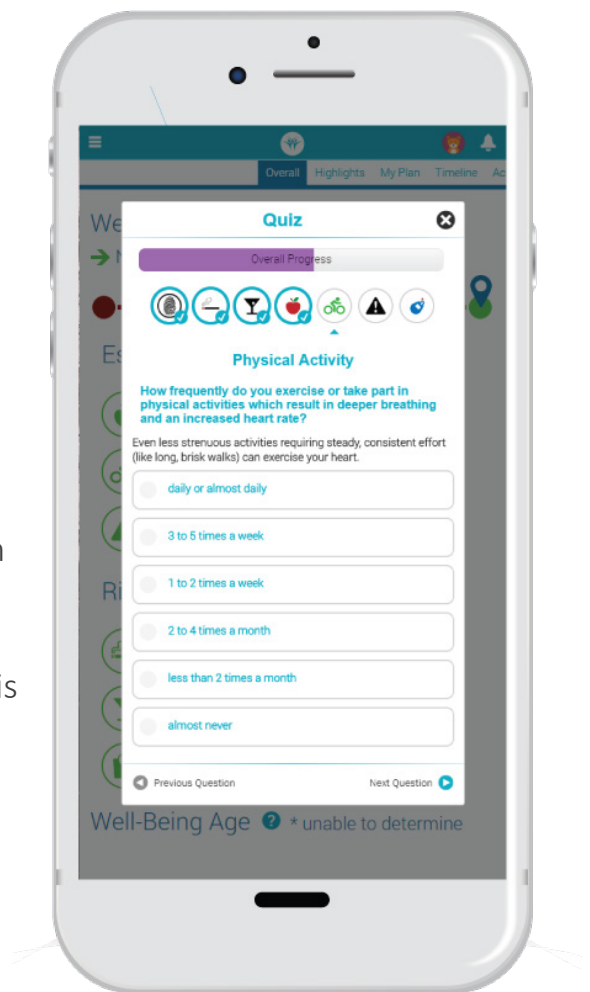
Wellness Checkpoint is the Global Leader for Health and Business Risk Management

The **Wellness Checkpoint**[®] health risk assessment (HRA) was developed by InfoTech Inc. to assess the major risk factors identified by research and reflected in clinical and international health promotion guidelines that impact health, and particularly major diseases such as heart disease, diabetes and cancer. Each question has been validated within the context of the original research that evaluated the impact of that measure on specific disease conditions or outcomes. Periodic science reviews ensure that the Wellness Checkpoint continues to be consistent with emerging evidence-based research and recommendations.

The topics covered in the **core Wellness Checkpoint assessment** are:

- ✓ **Lifestyle** (alcohol, eating, exercise & physical activity, smoking and stress)
- ✓ **Biometrics** (weight, blood pressure, cholesterol and blood sugar)
- ✓ **Health status** (diabetes & chronic conditions and personal health)
- ✓ **Family health history highlights** (non-USA audiences only)

On our new Wellness Checkpoint **Journey**[™] platform (click [here](#) to watch the video), you have a great deal of flexibility in how these questions are presented to your Users – they can answer a “first pass” question set that is only 14 questions long (we call this the “Foundation” question set) and then see further questions later as they choose, or they can be presented in a more traditional/linear “core” question presentation. Whichever you choose, on completion the User receives a personalized, interactive Dashboard format with factor-specific risk ratings as well as an overall Wellness Risk Rating.



Supplemental Screening Modules

In addition to the core assessment questions, various supplemental screenings modules are available within the Wellness Checkpoint HRA. These can be enabled as optional modules or included as mandatory modules with the core assessment. The available supplemental screenings modules are:

- ❖ **depression** (PHQ-9, a validated instrument developed by Drs. Spitzer, Williams and Kroenke)
- ❖ **productivity loss** through presenteeism and absenteeism (WLQ 8 and WLQ 25 option – developed by Debra Lerner PhD and Ben Amick PhD at The Health Institute, Tufts University)
- ❖ **sleep & fatigue** (MOS instrument plus additional items for work-related impact developed specifically for InfoTech by Debra Lerner, PhD)
- ❖ a non-scored **Preventive Screening** module that presents questions on adherence to screening for cancer and bone density based on age, gender and selected guidelines
- ❖ **Financial Well-Being** (measures ability to meet current and ongoing financial obligations, freedom to make choices and enjoy life and sense of security about financial future)
- ❖ **Resilience Checkpoint™** evidence-based measures of **resilience, resilience factors** (personal characteristics that support resilience and protect against the negative effects of stress) and **resilience assets** (the physical and mental health resources that can enhance or undermine resilience)

Work-Related Profile Modules

The optional survey modules available within the Wellness Checkpoint HRA assemble a profile of demands on the job and life outside of work which can have an impact on the participant's health and productivity. These profile characteristics are available for sample selection and correlation in group analysis using Wellness Checkpoint's DataBanker Live management reporting tool.

Other Risk Factors

In addition to the core assessment, optional questions can be enabled in the core modules to probe deeper into areas such as organizational stress (Stress Satisfaction Offset Score/Index), alcohol abuse, sources of stress, immunization status or to collect additional biometric data. Optional modules can be enabled to evaluate other risk factors such as self-medication, sun, environment, driving and detailed family health history.

Custom Questions

With Wellness Checkpoint, you also have the option of adding custom questions (CDQs) to capture additional information of particular interest to you, such as "Do you typically take all of your vacation?" and "Which of the company's wellness initiatives did you participate in last year?" CDQs can be presented to the participant in several places within the assessment, but they do not impact the scoring of the responses. CDQ-specific reporting is available within Wellness Checkpoint's 24/7 online reporting portal (DataBanker LIVE) and provides data points which you can use to sort participant data at an aggregate level. CDQs can also be utilized to trigger client-specific messaging, links to resources and incentives, etc.

The actual configuration of the assessment that would be presented to a client's employees is determined during the assessment configuration process of implementation planning.