



Health & Lifestyle Risk Assessment and Biometric Screening

IMMEDIATE RESULTS, IMMEDIATE ENGAGEMENT

QuadMed transforms the Health Risk Assessment (HRA) process by offering a one-stop model that seamlessly guides participants through each step: registration and collection of biometric medical data; completion of a health and lifestyle questionnaire; and immediate compilation of results followed by a personal consultation with a nurse educator or health coach. Participants leave with a personal health report and immediate access to customized lifestyle coaching programs.

Integrating the entire process eliminates the lag time between taking the assessment, receiving results and scheduling a follow-up consultation. The QuadMed process is designed to optimize engagement and follow-through with education and effective health intervention activities.

FULL-CIRCLE PROCESS

Registration and Biometric Screening

Blood pressure, height, weight and BMI measurements are collected along with a finger stick to obtain immediate cholesterol profile and glucose levels.

(Blood draw method also available to yield additional data of kidney and liver functions, electrolytes, CBC and TSH. Results not immediate.)

Health & Lifestyle Risk Questionnaire

The user-friendly online or paper HRA consists of less than 30 questions designed to collect core health and lifestyle risks and readiness-to-change information. Biometric screening data is processed and incorporated into the HRA while the participant completes the questionnaire.

Results Reviewed and Customized Plan Created

Participants receive immediate results of their HRA and are connected with online educational programs. A QuadMed professional consults one-to-one with each individual to develop a personalized action plan.

ONGOING FOLLOW-UP FOR IMPACTFUL CHANGE

Identifying risk is only a starting point. The key is providing your employees with resources to make meaningful changes to reduce their chances of developing a serious medical condition or to take control of one. QuadMed provides a comprehensive online wellness library, onsite health coaching and wellness programming. Topics include:

- Tobacco cessation
- Weight management
- Exercise and fitness
- Nutrition
- Stress management and more

QuadMed combines HRAs and biometric screenings with real-time results and personalized action plans.

ANALYZE COMPANY POPULATION HEALTH TRENDS

On-demand aggregate and group reporting is used to assess your company's population health risks. This information is used to make data-based decisions on wellness and chronic condition management programming.

Key features of QuadMed Health & Lifestyle Risk Assessment and Biometric Screening. Offering can be tailored to meet the needs of your organization.

QuadMed Health & Lifestyle Risk Assessment and Biometric Screening

COMPONENT	CAPABILITY/FEATURE
Health & Lifestyle Assessment Questionnaire	<ul style="list-style-type: none"> • Online and paper-based • Simple, non-intrusive (less than 30 questions) • Can be customized with additional questions • Collects core lifestyle risks and readiness-to-change information • GINA and HIPAA compliant • Immediate, individual feedback to online participants • Immediate access to online educational and self-help programs
Biometric Screening	<ul style="list-style-type: none"> • Administration for geographically dispersed populations • Online and 1-800 scheduling capability • Biometric screening event coordination and management • Flexible screening models, tailored to client <ul style="list-style-type: none"> – Blood pressure, height, weight and BMI measurements – Finger stick method for a cholesterol profile with glucose levels – Blood draw for cholesterol profile with glucose, kidney and liver functions, electrolytes, CBC and TSH • Data imports and exports
Health Risk Assessment Reporting	<ul style="list-style-type: none"> • User-friendly format • Individual risks • Personalized recommendations and action plan
Aggregate & Group Reporting	<ul style="list-style-type: none"> • Group and subgroup segmentation • Risk stratification • On-demand analysis • Participant rates • Coaching engagement rates
Communications	<ul style="list-style-type: none"> • Targeted messaging and outreach • Tailored emails to each user, based upon the participant's responses and readiness to change • Multichannel (email, direct mail, onsite promotion)
Online Wellness Library & Coaching Programs	<ul style="list-style-type: none"> • More than 50 online programs available • Individual program recommendations from rule-based search engine • Progress tracking and reporting
Lifestyle Coaching & Consultation	<ul style="list-style-type: none"> • Motivational interviewing techniques • Face-to-face, telephonic or virtual visits
Program Consultation & Performance Reporting	<ul style="list-style-type: none"> • Quarterly reviews • Program recommendations • Performance tracking