



Claims and biometric data don't tell the whole story. Claims data provides information on costs after illness has taken hold. Biometrics only measure a moment in time.

Research shows it's more effective to reduce the prevalence of future costly health problems that cause lost productivity and increased healthcare utilization *before* they occur.

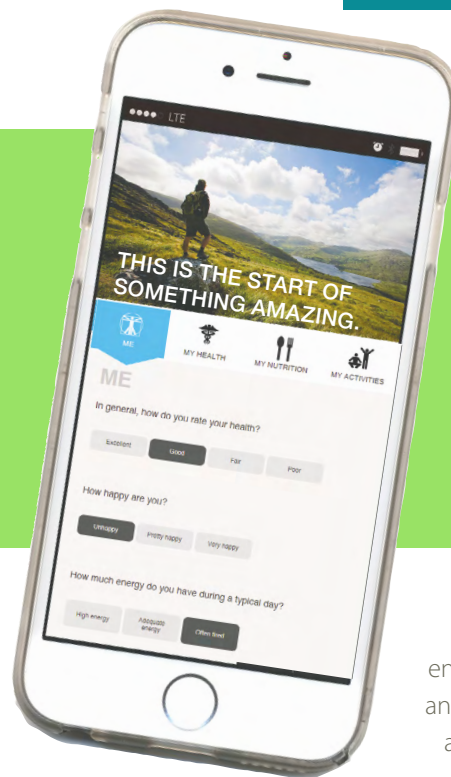
The Health Risk Assessment for the Workforce is the first step in population health management strategies. It helps you identify and predict risk factors for preventable chronic conditions specific to your populations – and their readiness to change. With this information, you will be able to pinpoint and prioritize the best programs and interventions to help reduce costs downstream.

The Workforce Connection

JGF HRA for the Workforce is an essential tool for helping employers, health organizations, and population health managers reduce costly and unnecessary hospitalizations and healthcare services. Our evidence-based HRA is one of the best tools for helping individuals understand their health status and health risks and see the connection between their lifestyle choices and their ability to achieve optimal health. Our Workforce HRA also takes the extra step to educate participants on specific ways to improve their own health.

Just Got Fit Health Risk Assessment

for the Workforce



Responsive design maximizes user engagement on mobile and desktop. The HRA is also available in paper.

The HRA for the Workforce evaluates:

- Self-perceived Health Status
- Nutrition
- Biometrics
- Physical Activity
- Social & Mental Health
- Readiness to Change

Our versatile Workforce HRA can be completed online or in a paper format. It can be integrated into your portal or implemented as a stand-alone solution. You get to choose.

Online and paper versions of the HRA for the Workforce are currently available.

A Focus on Total Well-being

The HRA for the Workforce focuses not just on physical health, but also on the emotional and mental well-being of the individual and other factors that may impact their health. It identifies existing and future risk factors based on an individual's lifestyle habits that impact health, and measures an individual's readiness to change.

Adaptive Design for a Personalized Experience

The interactive and intuitive design of HRA for the Workforce uses three-dimensional branching logic. This adjusts content with each successive response. That way, individuals will only see the questions that are relevant to them. Our evidence-based question set can be completed in less than 15 minutes and produces a wealth of information for the participant, healthcare team, and health plan. Our HRA can be taken on a computer, tablet, or smartphone.

Actionable Personal Report

Each participant receives a Personal Report immediately after completing the HRA for the Workforce. This report briefly describes the impact of each risk factor on their health, and gives an Overall Wellness Score. It uses easy-to-understand language and an engaging format – with color coding, graphs, icons, and a number-based scoring system. Each participant can see at a glance how healthy they are, areas where they are doing well, and any risk factors for preventable disease.

The Personal Report is organized into seven key areas:

- Heart Health
- Cancer Prevention
- Diabetes Prevention
- Obesity Prevention
- Nutrition
- Fitness
- Mental & Emotional Health

Taking action is key to improving health! Our Personal Report explains simple ways that healthy habits can be incorporated into a person's daily routine. We also offer a series of configurable "Recommendation" or "Next Steps" buttons throughout the Personal Report that help direct participants to your specific programs and resources.

Trending data lets the participant see how they are improving from one HRA to the next.

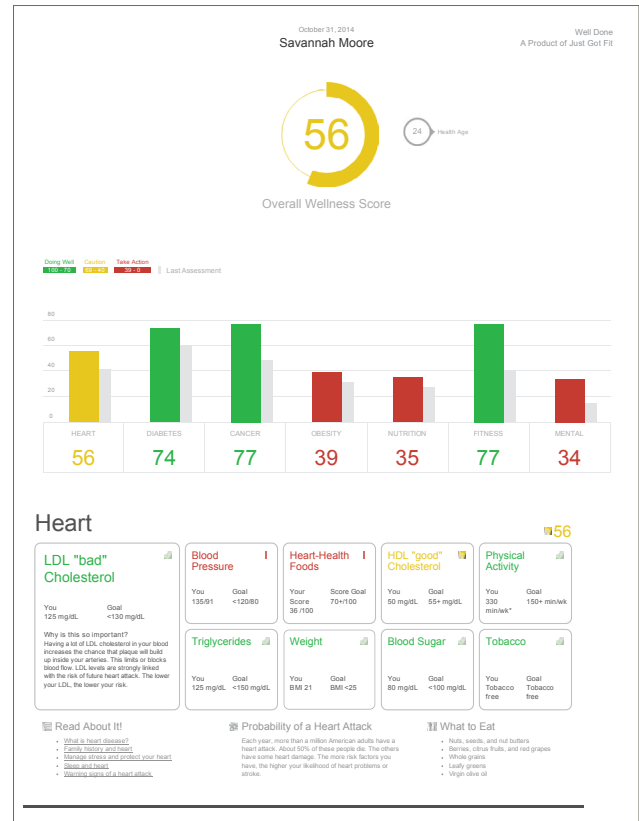
Physician Insights

When a participant completes the HRA for the Workforce, a one-page Physician Summary is also generated. Participants can print the Physician Summary and take it with them to their next medical appointment. This report displays a more detailed view of the individual's answers to the HRA, and includes their stage of readiness to change. This allows the healthcare team to hone in on key risk factors that an individual is ready to address.

Administrator Data

We understand how important data is to population health management. We provide your administrators and business analysts 24/7 access to data on all participants and groups in your program.

Your administrators and analysts can perform deep analysis on raw data via a detail list and customize their own reports. They can also access aggregate reports to easily see statistics and trending data on your population. They can choose to include all eligible groups into one



report, generate a report for one specific sub-group, or anywhere between. Reports can be pulled by date range. They can provide overviews of your population overall, by key area, and by primary influencers within each key area. They also display demographics for your population, the percentage of compliance for specific exams and vaccines, the top health conditions, and areas where your participants are most ready to change.

With push reporting, administrators will automatically and securely receive a copy of each participant's Personal Report and a Physician Summary PDF file upon HRA completion.

HRA for the Workforce

Customization and Branding

The HRA for the Workforce can be customized with the logo and colors of your organization and the different groups that you manage. We can add custom questions for individual groups and place them anywhere in the assessment that you would like.

Validity and Scientific Basis

When you work with Just Got Fit, you benefit from nearly four decades of pioneering experience in creating effective wellness tools. We are partnered with those who have led the industry in delivering scientifically valid, innovative, and reliable HRAs. Our HRAs are some of the most established and valid questionnaires for assessing wellness on the market today. They've been used in a significant body of scientific research, dissertations, and publications – more than 65 times since 1988.

We continually review the latest research published in peer-reviewed medical journals and look to leading health organizations, such as the National Institutes of Health and the Centers for Disease Control and Prevention, for their respected and authoritative guidelines. Our team of doctoral-level health and lifestyle experts is adept at turning research outcomes into evidence-based algorithms. The end result: effective, cost-saving tools for better health.



Certified, Secure, and Compliant

With its NCQA certification, the HRA for the Workforce continues to meet the highest quality standards for wellness and health promotion. Our HRA is also compliant with the latest privacy requirements of the Health Insurance Portability & Accountability Act (HIPAA), including the HITECH amendments, and the Genetic Information Nondiscrimination Act (GINA).

Web-based Integration

The HRA is a web-based solution that can be integrated into a portal or client system. You can also offer it as a stand-alone tool with a custom login page – branded to your company for any group. There is no need to install additional software. We offer SAML single sign-on (SSO), robust client system notifications, and a comprehensive set of fully documented RESTful Web APIs.

Visit www.justgotfit.com for more information. Connect with us and request a demo by email: well@justgotfit.com.