



26
TOTAL
PARTICIPANTS



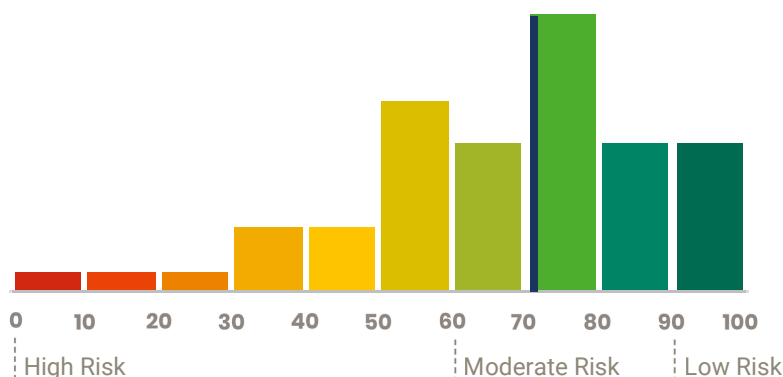
85
COACHING
SESSIONS



2
NEVER BEFORE
SEEN PARTICIPANTS



Average score of
all participants



High Risk

29% of participants

INSIGHTS

Individuals in this group are not only the highest risk of elevated medical costs (on average around \$13,700/person), but they are often those that feel least in control of their health. Working together to provide coaching and healthcare navigation to this group is critical not only to reduce healthcare spend, but to also empower them to regain control of their health and, therefore, their lives.

Moderate Risk

57% of participants

INSIGHTS

Individuals in this group benefit most from maintaining or improving day-to-day behaviors that keep them in control of their health. The greatest risk for individuals here is slowly and silently slipping into a higher risk, higher cost group. The opportunity here is to work with them on personalized coaching and goal setting that empowers them to make small changes turn into habits to keep them where they are, or even improve their health metrics.

Low Risk

14% of participants

INSIGHTS

Individuals in this group are at the lowest risk of the most costly of all chronic diseases, and encouraging them in their daily behaviors that are driving these healthy outcomes is still advisable. However, because of their more active lifestyles, individuals in this group could be at a higher risk for MSK (musculoskeletal) issues, and so we recommend integrating our Healthy Is Movement or Performance programs for these individuals.



Wellness Score - submetrics



The Wellness Score provides a holistic snapshot of your participants' health risk, and it allows Healthy Is Wellness to properly tailor our services to best meet your needs to reduce that risk. This page shows the average (median) scores of all of the sub metrics that make up that overall score.



Visceral Fat

Visceral fat is defined as excess intra-abdominal fat – the fat that wraps itself around your internal organs. If it increases, then you are at increased risk for heart disease, even if your BMI, blood pressure, and cholesterol fall within what are considered healthy ranges.



Muscle Composition

Muscle is the largest organ in the body, and improving muscle composition not only leads to greater strength and higher metabolism, but it can also help reverse diseases associated with metabolic dysfunction, like heart disease type 2 diabetes, and strokes.



Edema Index

The edema index measures inflammation and fluid imbalance across every limb in the body. Tracking this measure can help with understanding fluid buildup before it becomes dangerous, ie in the form of neuropathy.



Grip Strength

Strength has a stronger association with all-cause mortality and cardiovascular diseases than many of the traditional measures, and it's also predictive of overall physical and mental wellbeing.





Strength is perhaps the most under screened, highly critical variable of human health that we can measure. Grip strength is one of the most convenient and best ways to measure your overall strength.



Putting this into context

Strong muscles are not just something that look good on a beach, they are a key ingredient to staying healthy. Higher overall strength helps us move more efficiently and maintain autonomy in our life, but measuring your strength does not have to be an overwhelming process of seeing how much you can lift in the weight room. Instead, you can predictably measure overall strength simply by assessing your grip strength, which is what we are doing with our Grip Strength Test.

Why it Matters | People with strong grip strength have been shown to have:

- Lower blood pressure
- Better blood sugar control
- Better cholesterol and triglyceride levels
- Less inflammation
- Decreased risk of developing diabetes
- Improved sleep
- Improved mental health and cognition
- Healthier nerves and better blood flow
- Decreased risk of having a heart attack or stroke
- Decreased risk of any chronic illness

Moderate Risk

43% of participants

INSIGHTS

The goal of this group will be to work on health behaviors that can help reverse the problems causing lower muscular and nervous system output. This includes behaviors that have been proven to improve neural control, lower chronic stress, increase overall strength, and increase nutrient density in the body.

Low Risk

57% of participants

INSIGHTS

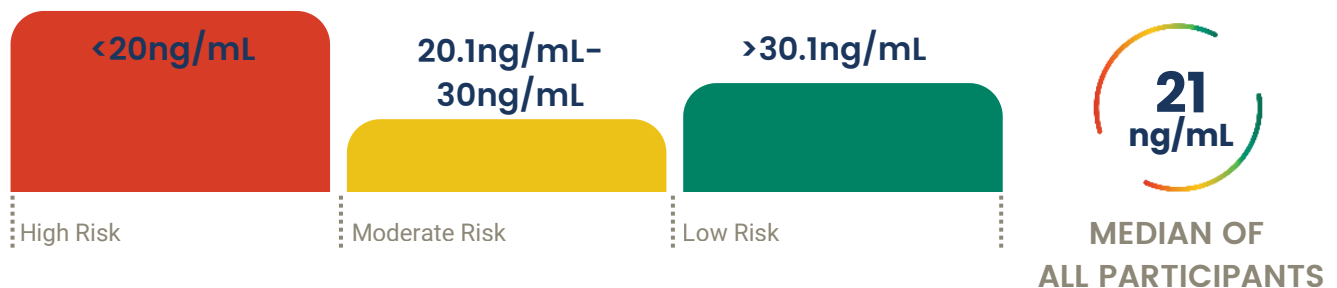
This group has a much lower risk of all diseases associated with the autonomic nervous system, and the goal here is to help these individuals maintain or improve the current habits keeping their strength in an appropriate range. Consistently tracking grip strength is still important, though, as studies show that for every 10% decrease in grip strength there is an inverse of a 10% increased risk in mental health problems.



Vitamin D



The importance of Vitamin D in your short-term (like reducing cold/flu length and decreasing depression symptoms) and long-term health outcomes (like muscle strength and cardiovascular health) cannot be overstated! A healthy Vitamin D level – above 30 ng/ml – has numerous benefits including bone health, supporting the immune system, and boosting your mood.



Putting this into context

Unlike most other vitamins which are trace nutrients that mostly come from our food, Vitamin D is actually a steroidal hormone(!) that is produced in our body. It's sometimes called the "sunshine vitamin" because our bodies make it (again, as a hormone that can enter directly into our cells) when our skin is exposed to sunlight.

The importance of Vitamin D cannot be overstated. Decades of research shows it:

- Helps regulate blood sugar;
- Balances our immune system;
- Supports weight management and weight loss;
- Boosts your mood;
- Promotes stronger bones AND muscles (including reducing muscular pain);
- Reduces blood pressure;
- And helps our heart health!

High Risk

50% of participants

INSIGHTS

Helping individuals in this group move from high risk to moderate or low risk is associated with approximately \$14,000 less per year per person in medical costs.

Moderate Risk

20% of participants

INSIGHTS

Individuals in this group fall in the "at risk" range, which means they are at an imminent risk of the downfalls and costs associated with a lower Vitamin D level.

Low Risk

30% of participants

INSIGHTS

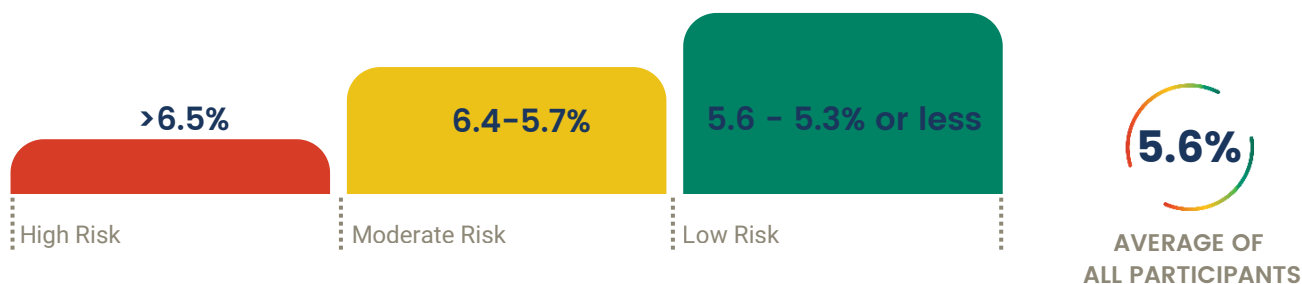
Helping individuals stay in this range reduces their risks of all major diseases associated with immune disfunction, weight management, boosted mood, and heart health!



HbA1c



HbA1c – which is short for Hemoglobin A1c – is the most important blood metric we can measure from an overall health perspective. It gives a reliable, valid measure of our blood sugar levels, and unlike “glucose tests” which only look at your blood sugar for a moment in time, the A1c test reflects the body’s average level of blood glucose over the previous 3 months or more!



Putting this into context

The “Hemoglobin” word found in this Hemoglobin A1c test is a protein found inside all of your red blood cells. Hemoglobin carries oxygen to your cells, and then helps shuttle carbon dioxide away from your cells. In other words, it is at the center of what makes your metabolism work.

Through normal metabolic processes, we’d expect that 5-6% of your hemoglobin may be affected by a process called “glycosylation,” in which glucose or other sugars attach to it and negatively affect its ability to bring oxygen to your cells and carry carbon dioxide away.

Any more than this 5-6% of red blood cells being negatively affected is a sign of metabolic dysfunction. And since recent research shows that **metabolic dysfunction** not only affects our weight and mood in the short-term but is also at the root of many major chronic diseases like Diabetes, Alzheimer’s, and cardiovascular diseases in the long-term, knowing and monitoring your A1c % is the most important blood metric we can and should know. We should start to chart and track A1c at least once per year for low risk individuals, and twice per year for moderate and high risk groups to track any changes.

High Risk

15% of participants

INSIGHTS

Helping individuals in this group move from high risk to moderate or low risk is associated with approximately \$14,000 less per year per person in medical costs.

Moderate Risk

35% of participants

INSIGHTS

Individuals in this group fall in the “prediabetic” range, which means they are at an imminent risk of the downfalls and costs associated with a higher A1c %.

Low Risk

50% of participants

INSIGHTS

Helping individuals stay in this range reduces their risks of all major diseases associated with metabolic dysfunction, including Type 2 Diabetes and Alzheimer’s disease.





Cognivue

A healthy, functioning Brain = The ability to be fully present in your life.

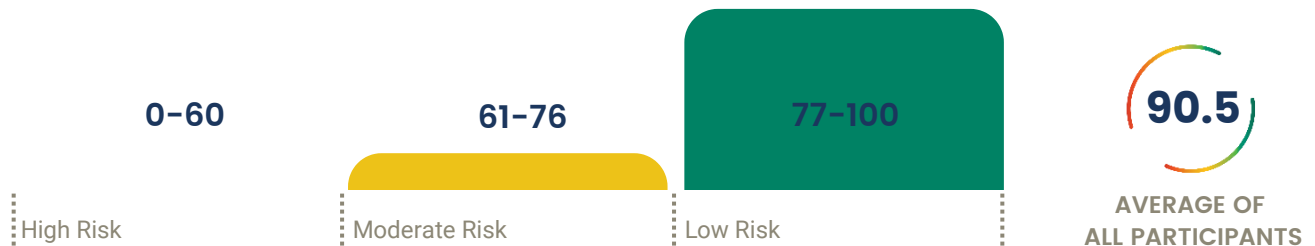
Memory

Memory is the ability to encode, store, and retrieve information when needed. Your score is reflective of how well you are storing and processing information.



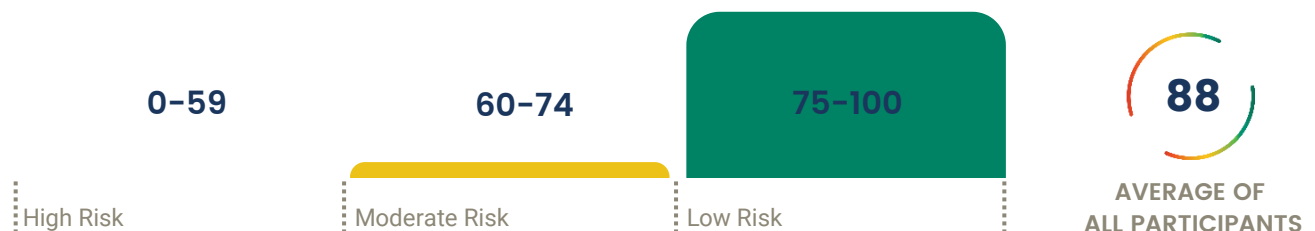
Visuospatial

Visuospatial is the ability to process and interpret visual information about the location of objects in space and in relation to self. Your score is indicative of your ability to process and interpret visual information.



Executive Function

Executive Function is higher-order cognitive processing, such as attention, problem solving, reasoning, judgement, inhibition, working memory and appropriate social behavior. Your score is indicative of how well you are concentrating and problem solving.



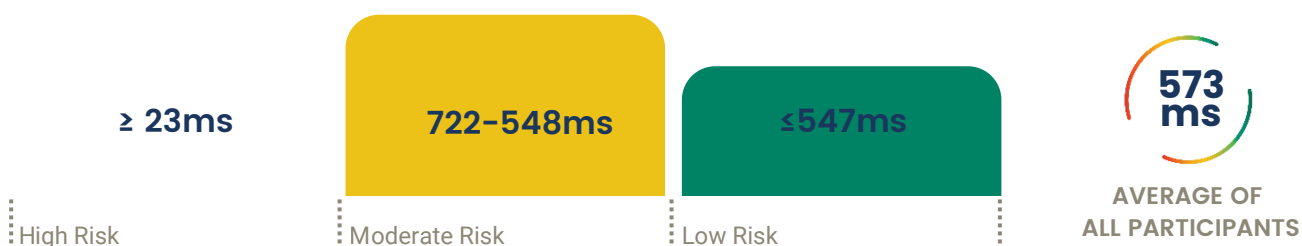


Cognivue

A healthy, functioning Brain = The ability to be fully present in your life.

Reaction Time

Reaction Time is the time between the beginning of a stimulus and the beginning of a reaction to it. Faster reactions (measured in milliseconds) is indicative of a better ability to physically react to situations quickly and in an appropriate and safe manner.



Processing Speed

Processing Speed is the pace at which someone takes information, makes sense of it, and begins to respond. Faster processing (measured in milliseconds) is indicative of a better ability to quickly process a task or situations in an appropriate and safe manner.

