

1. What is a “Personal Wellness Profile™”?

- The Personal Wellness Profile™ is a Health Risk Assessment (HRA) developed by Wellsource®. This HRA is a tool that will:
 - Measure your current health status
 - Help you become aware of your health needs and lifestyle practices.
 - Identifies risk factors
 - Provides you with individualized feedback
 - Provides you with a “wellness score”
 - Identifies your “health age”
 - Guides you in achieving and maintaining good health.
 - Highlights areas that need medical follow up
 - A tool to share and discuss with your personal care physician.
 - Provides you with recommendations for change and resources.

2. What are the components of the Personal Wellness Profile™?

- **On-Line Lifestyle Assessment Questionnaire**
 - Questions that focus on physical activity, nutrition, safety, alcohol and/or drug use, tobacco use, stress, disease risk, weight loss and your heart health. Completed in your own personal profile on the *Workforce Health* program’s secure website.
- **Biometric Screenings**
 - The following screenings are completed at your worksite by healthcare professionals of the Workforce Health program of Froedtert Health. These screenings are used in the assessment of your Personal Wellness Profile™. The screenings are:
 - Blood pressure
 - Lipid Profile (Total cholesterol HDL, LDL, Triglycerides)
 - Blood glucose
 - Height, weight and waist measurements

[Please note that for accurate results a 12 hour fasting is required. Drink only water, 3-4 glasses and take your prescription medications.]
- **Confidential Individualized Report**
 - With the completion of the lifestyle assessment questionnaire and biometric screenings your health information is combined to create your personal and individualized report. This report will provide you with your overall wellness score / health age, recommendations for improvement, reinforcement for maintenance of current health behaviors, help with goal setting, highlight any areas that require medical follow up and much more. Our Health Educators will discuss your report with you.
- **Health Education**
 - After completing your Biometric Screening, you will immediately meet with the Health Educator to discuss your biometric screening results as well as your healthy lifestyle behaviors outlined in your Individual Report.

3. Why should I participate / what's in it for me?

- Approximately 70% of health conditions can be attributed directly to our lifestyle choices. Taking part in the Personal Wellness Profile™ is a way for you to become aware of your current health status and help you identify areas that need improvement for achieving optimal health.

4. How long does it take to complete the Personal Wellness Profile™?

- Completion of the online lifestyle assessment takes approximately 20 minutes to finish and must be done prior to your screening and education appointments. The biometric screenings are conducted at your worksite within 10 to 15 minutes. You will then immediately meet with a Health Educator to enter your new biometric data into your current online profile. The Health Educator will also discuss your individual health report with you at this additional 15 minute session.

5. How is my employer involved with the Personal Wellness Profile™ process?

- Your employer will help you schedule your screening & health education appointments with the Workforce Health Assessment team from Froedtert Health.

6. What will my employer receive?

- Your employer will receive a summary report that provides a statistical picture of the health status of the company as a whole. There are no names used in this report, only the sum total for the categories of questions (aggregate data). This information will be used to plan appropriate wellness opportunities for the company.

7. Will I be able to complete the Personal Wellness Profile™ during work time?

- Please discuss this with your manager or supervisor.

8. When will the Personal Wellness Profile™ screening & counseling appointments be offered to the employees at your company?

- Please see Launch Kit for locations, dates and times.

9. What if I am unable to participate on the date my company has scheduled this opportunity at our worksite?

- Please contact Milwaukee County's Wellness Coordinator, Claire Schuenke, at 414-278-4938 or email at Claire.schuenke@milwaukeecountywi.gov

If you have any questions, please do not hesitate to contact
Froedtert Health
Workforce Health Staff at
414-777-3446