

INDIVIDUAL LEVEL ASSESSMENTS



DATA COLLECTION



Purpose

(What do you want to know and what do you plan to do with the data?)

Specific Health Priority Assessments

| ASSESSMENT | DESCRIPTION | APPROX TIME | OFFERED BY WWKS | WWKS REPORT? |
|---|---|-------------|-----------------|--------------|
| Overall Needs and Interests | Helps worksites gauge employees' needs and interests, including physical activity, nutrition, tobacco, stress/mental health, and chronic disease. | 5 minutes | Yes | Yes |
| Healthy Foods and Beverages Assessment | Dietary screener assessing how often different foods and beverages were consumed during previous 30 days. | 10 Minutes | Yes | Yes |
| Physical Activity | Assesses physical activity from the past 7 days. | 5 minutes | Yes | Yes |
| Tobacco | Assesses tobacco and nicotine use. | 2 minutes | Yes | Yes |
| Burnout | Gauges workplace stress and mental health among employees | 5 minutes | Yes | Yes |
| Well-Being | Assesses general well-being | 5 minutes | Yes | Yes |

General Assessments

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|-----------------------------|---|------------|-----|-----|
| Productivity | Assesses employee health and stress at work with an emphasis on impacts on ability to work | 10 minutes | Yes | Yes |
| Presenteeism | Assesses employees' work experiences and productivity as it relates to their personal health. | 2 minutes | Yes | Yes |
| Stages of Change | Assesses employees' readiness to make behavioral changes to: physical activity, nutrition, tobacco, stress, mental health, and chronic disease. | 2 minutes | Yes | Yes |
| Return on Investment | Track and assess measures to determine return on investment for your worksite wellness program | 5 minutes | Yes | Yes |

Additional Assessments

| ASSESSMENT | DESCRIPTION | APPROX TIME | OFFERED BY WWKS | WWKS REPORT? |
|--------------------------------------|---|-------------|-----------------|--------------|
| General Health | Assesses employees' overall health, with topics including mental health, physical activity, chronic pain, and social health. | 5 minutes | Yes | Yes |
| Nutrition | A 24-hour dietary recall of foods and beverages consumed. | 30 minutes | Yes | Yes |
| Chronic Disease Self-Efficacy | Assesses employees' confidence in being able to carry out various activities given their current state of health. | 10 minutes | Yes | Yes |
| Environmental/Cultural Audit | Assesses characteristics present in the worksite that can contribute to or serve as a hindrance to improved health. | Varies | Yes | No |
| Incentives | Assesses employees' interests in potential incentives. | Varies | Yes | No |
| Program Evaluation | Evaluates workplace wellness initiative components, usually programs. | 2 minutes | Yes | No |
| Health Risk Assessment | Provides a broad range of health indicators and behaviors. | Varies | No | No |
| Biometrics | Objectively measured health data such as cholesterol, fasting blood sugar, and blood pressure. | Varies | No | No |
| Medical Claims/Cost | Provided by your benefits plan coordinator, when used as aggregate, de-identified claims, these data can be used to track employee health claims and costs. | Varies | No | No |
| Abstenteeism | Likely collected at your worksite already, these data would be de-identified and in aggregate form to track absences. | Varies | No | No |

FOR MORE INFORMATION CONTACT



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