

**Be Well**

**Potential Indicators of Health Outcomes  
of Work Site Wellness Initiatives**

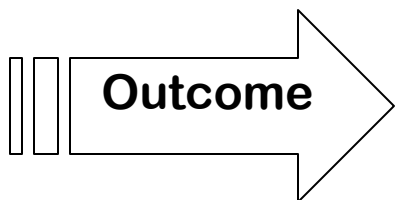
by a

**Comparison of Health Risk Assessment for calendar  
years 2008 and 2010**

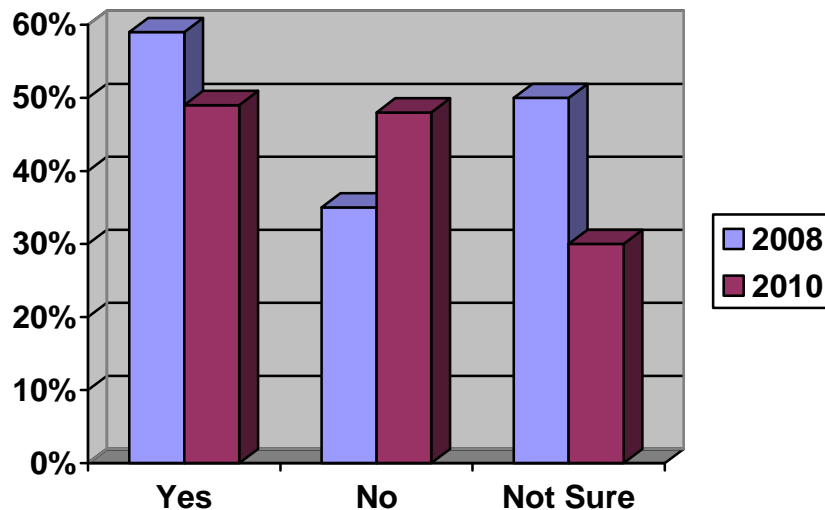
**Aggregate scores of worksites with  
Be Well Contract**

Potential Indicators of Health Outcomes of Work Site Wellness Initiatives  
 Comparison of Health Risk Assessment (one employer) calendar years 2008 and 2010

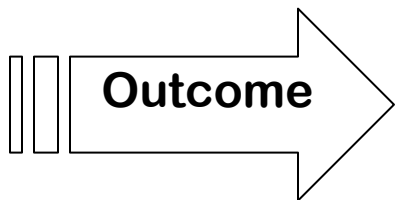
In the past year have you experienced back or neck pain?



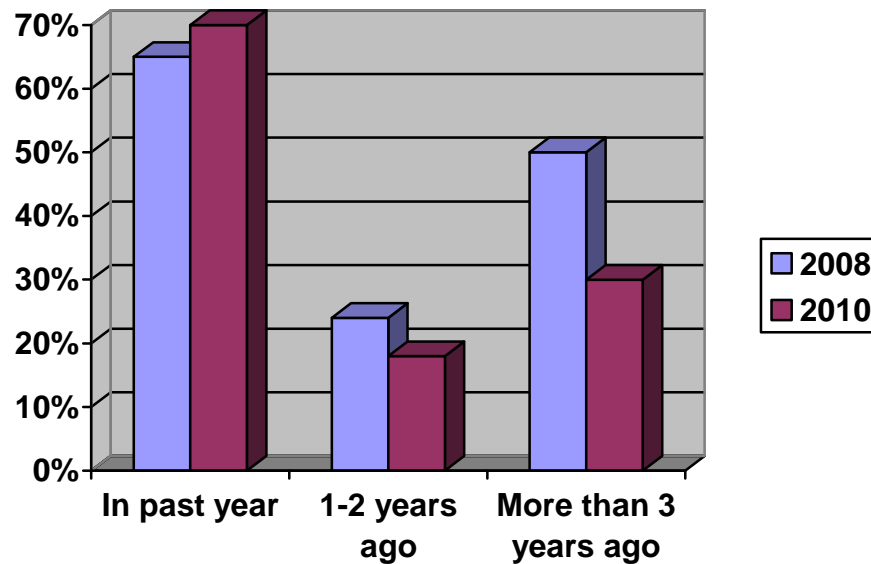
Smaller percentage of employees report experiencing back or neck pain.



When was your last physical exam?

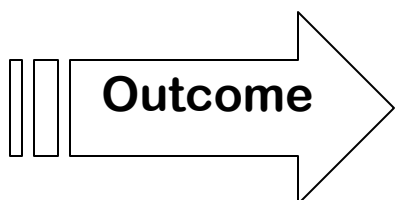


Larger percentage of employees report going for a physical in past year.

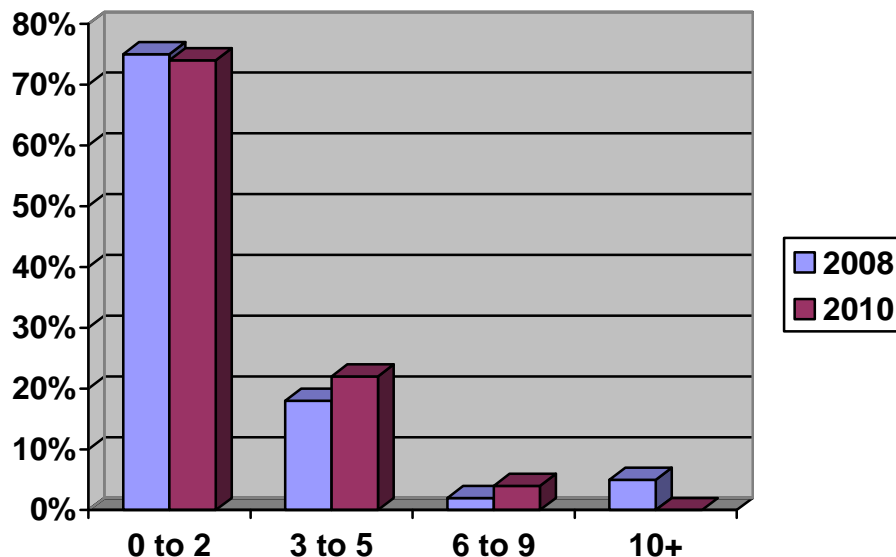


Potential Indicators of Health Outcomes of Work Site Wellness Initiatives  
 Comparison of Health Risk Assessment (one employer) calendar years 2008 and 2010

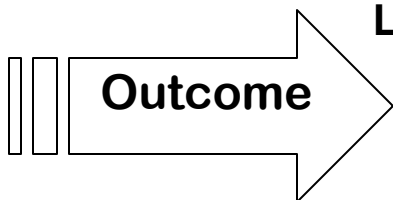
In the past 6 months, what is the total number of days you have been away from work due to personal illness or injury?



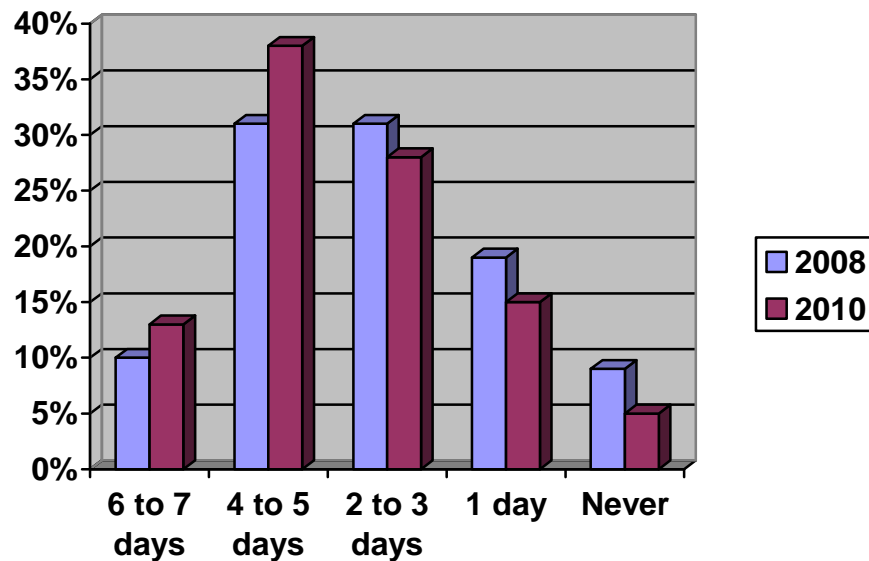
Smaller percentage of employees report being absent from work ten or more days.



In total, how many days a week do you do at least 30 minutes of physical activity, without stopping, in which you breathe heavier and your heart beats faster?

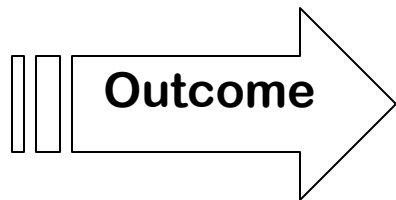


Larger percentage of employees report more days of physical activity.

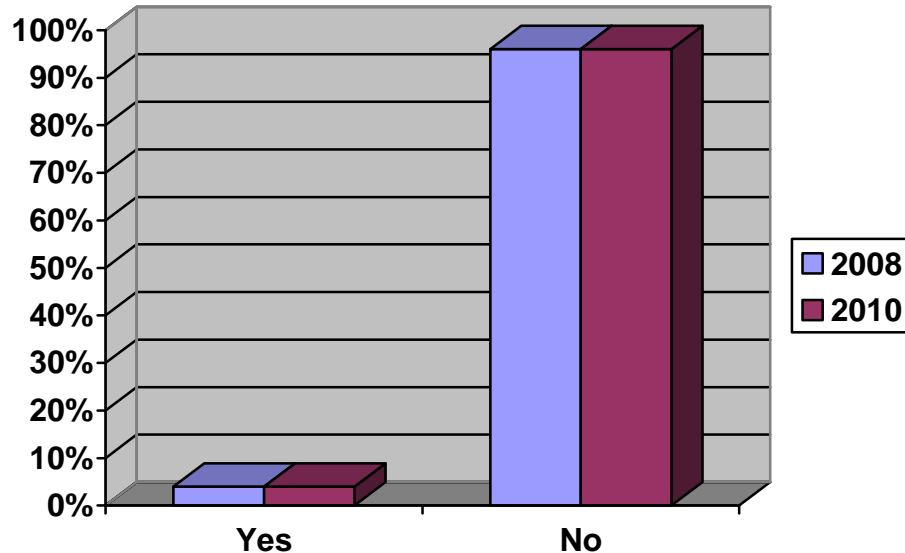


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Comparison of Health Risk Assessment (one employer) calendar years 2008 and 2010

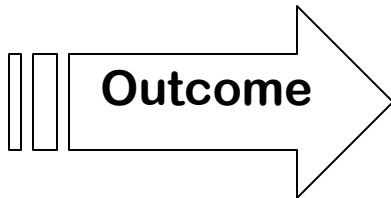
Do you smoke cigarettes?



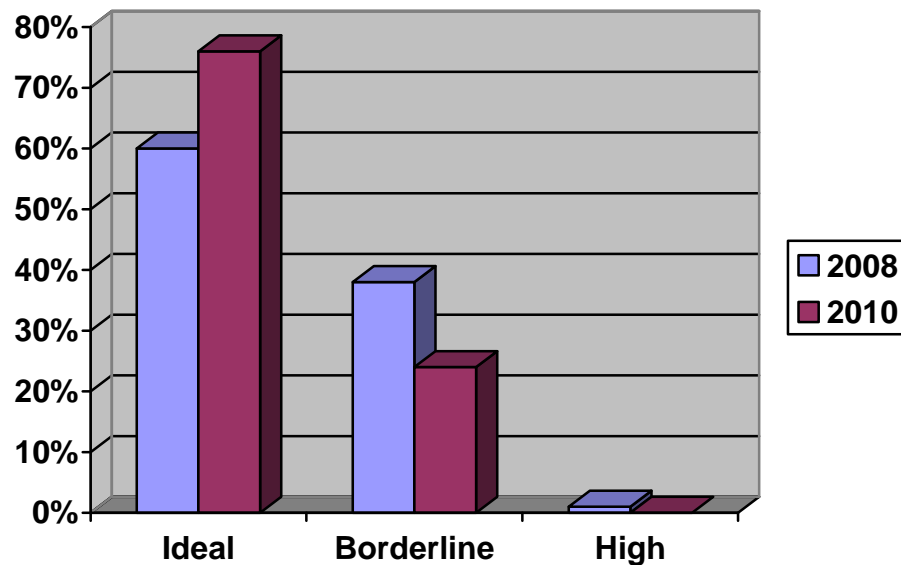
No change in percentage of smokers; remains at about 4%.



What is your blood pressure?

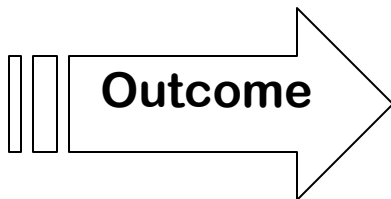


Larger percentage of employees report an ideal blood pressure. (identified as less than 120/80 mm/Hg)

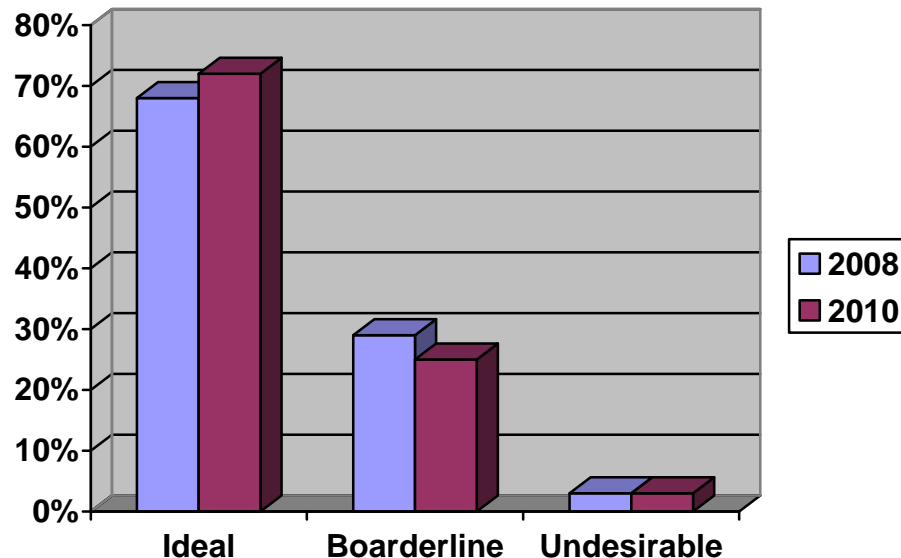


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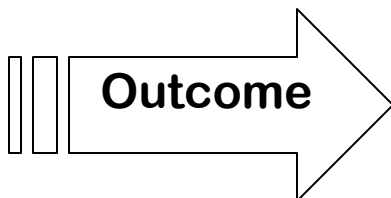
What is your total blood cholesterol?



Larger percentage of employees report an ideal total blood cholesterol. (identified as below 200 mg/dl)



What is your blood glucose?



Larger percentage of employees report an ideal blood glucose (identified as less than 100 mg/dl); significantly fewer employees "don't know" their blood glucose levels.

