

ValueEngine™: Practice Section 6.

Primary Prevention and Wellness Management

Below are common continuum practices that address primary prevention and wellness management within value-based health management. Compared to the best-practice goals stated below, rate each continuum practice as either below, meets, exceeds, or not implemented.

Best Practice Goals

- The eligible population is educated and engaged regarding recommended lifestyle practices and their association to health status.
- The eligible population is provided opportunities to develop skill sets related to health improvement and health maintenance.
- The eligible population complies with preventive screenings and immunization guidelines.
- The eligible population is educated and engaged in personal and job-related safety practices.

Continuum Practices

1. We provide a health risk assessment (HRA) program to all our eligible employees annually.
2. We provide an HRA program to all eligible spouses and domestic partners annually.
3. With our HRA program, we provide onsite biometric screenings where feasible. **Check all that apply:**
 - Blood glucose Body mass index LDL cholesterol Triglycerides
 - Blood pressure HDL cholesterol Total cholesterol Waist girth Other(s)
4. In conjunction with our HRA program, we provide an interpretation/health coaching session to all participants.
5. Through our health benefits, we provide preventive health screenings at a low copay or free of charge.
6. Through our health benefits and if applicable, our onsite medical clinic(s), we provide immunizations at a low copay or free of charge. **Check all that apply:**
 - Cervical cancer Hepatitis A Hepatitis B Tetanus Travel-related vaccines
7. Our organization provides annual onsite flu immunization programs.
8. Our organization has in place a pandemic preparedness plan for maintaining business operations.
9. Based on the list below, our organization provides comprehensive health education in the following.

Check all that apply:

- | | | |
|--------------------------------------------|--------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Cancer prevention | <input type="checkbox"/> HIV/AIDS | <input type="checkbox"/> Preventive screenings |
| <input type="checkbox"/> Children's health | <input type="checkbox"/> Immunizations | <input type="checkbox"/> Stress management |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Injury prevention | <input type="checkbox"/> Women's health |
| <input type="checkbox"/> Ergonomics | <input type="checkbox"/> Men's health | <input type="checkbox"/> Work injury |
| <input type="checkbox"/> Financial health | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Work/life |
| <input type="checkbox"/> Healthy back | <input type="checkbox"/> Physical activity | <input type="checkbox"/> Worksite violence |
| <input type="checkbox"/> Healthy heart | <input type="checkbox"/> Prevention | <input type="checkbox"/> Other(s) |
| <input type="checkbox"/> Healthy sleep | | |

	Not Implemented	Below	Meets	Exceeds
1.	0	5	10	15
2.	0	5	10	15
3.	0	5	10	15
4.	0	5	10	15
5.	0	5	10	15
6.	0	5	10	15
7.	0	5	10	15
8.	0	5	10	15
9.	0	5	10	15

Calculating Your Practice Section Score

1. Total the scores in each respective column. Record on these lines.
2. Total all column scores. This is your *gross score*. Divide the gross score by 135.
3. Multiply your answer by 100. This is your adjusted *Practice Score*.
4. Place your Practice Score in this box.

_____ /135= _____

_____ x100= _____

Also record this score on the ValueEngine™ *Benchmarking Summary Worksheet*.