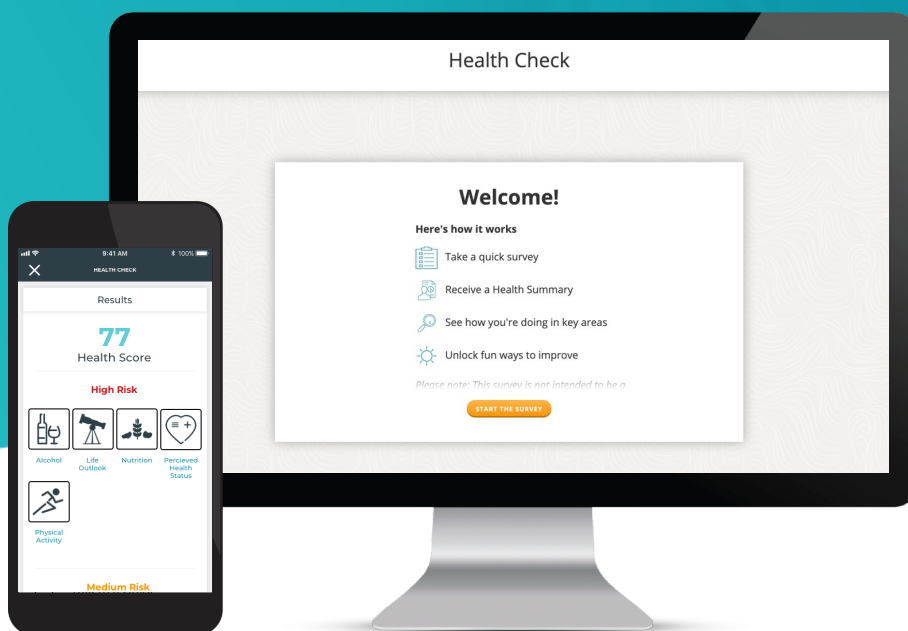


# Health Check

NCQA Certified  
Health Assessment



Virgin Pulse's integrated health assessment offers members a fresh look at their lifestyle choices and personal health.

Health Check is a dynamic evidence-based assessment tool that educates members of their health risks and guides them to improve their health and wellbeing through personalized recommendations. It provides an engaging and meaningful experience that recognizes a member's changing health, needs, and interests and inspires people down their own unique and relevant path to better health.

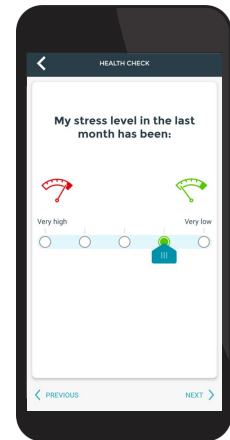
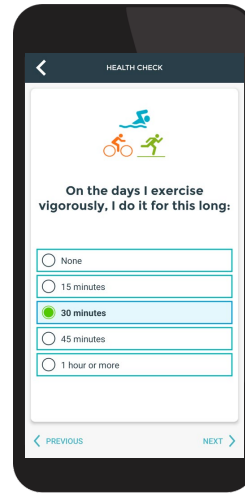
- ✓ NCQA-certified
- ✓ Easy and quick to take
- ✓ Highly interactive
- ✓ Flexible and inclusive
- ✓ Globally relevant and accessible
- ✓ Compliant with certification, data privacy and security standards

# Deep Actionable Population Insights.

Health Check provides reliable data on your population's overall health and risk trends. Aggregate reporting helps to identify high risk groups and can be used to drive appropriate programs.

## It assesses members' health and behaviors across the following domains:

- Perceived Health Status
- Cardiovascular Risk
- Nutrition
- Weight
- Tobacco
- Alcohol
- Sleep
- Stress
- Safety
- Work Productivity
- Preventive Care
- Pain
- Physical Activity
- Life Outlook
- Social Support



## A simple yet powerful tool to help members kickstart healthy daily routines:

- **Clinically accurate.** Health Check is NCQA certified. It is grounded in evidence and is clinically reviewed by healthcare professionals.
- **Evergreen.** Unlike other once-a-year assessments, members can update their answers – in whole or in part - any time during the year. This enables personalization and allows members to track their progress.
- **Personally relevant.** It is a dynamic assessment with built-in intelligence. It is personalized to ask the right questions to the right person across several key areas.
- **Actionable.** Members receive a personalized summary that not only sheds light on their risk areas, but also encourages action through helpful tips and recommendations on lifestyle changes they can make to improve their wellbeing.
- **Launchpad to sustained engagement.** Insights from Health Check are used to drive recommendations, personalization, next steps, and inform program opportunities.

Ready to create a happier, healthier, more productive workforce?  
Talk to an expert at Virgin Pulse to get started.

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