

# Employee Wellness-Macon

## *What is a "Health Risk Profile"?*

The Health Risk Profile (HRP) is a comprehensive wellness assessment and planning tool using MicroFit's Health Wizard. All information and every HRP report is confidential. Data is collected by Rachel May, Mercer's Wellness Director. Data is not entered into medical or personnel records.

The HRP is a *general* assessment of your healthy living quota achieved through analyzing your completed questionnaire, blood pressure, and a few other painless endurance tests. It is an awareness tool for employees. A lot of people want to live a more quality life (less pain, control disease, healthy weight, etc.) but don't really know where to begin. The HRP helps guide them to the starting line.

## *What's involved in the session?*

After answering questions on height, weight, age, and frame size, participants are asked for additional information, from family medical history to physical activity, eating habits, and stress. Data is compiled into a Comprehensive Report. The PWP gives an overall wellness report as well as a fitness report and a health history assessment. A print-out of explanations and recommendations for improvement are provided in each category.

Assessment is based on three parts:

- 1- Self-reporting lifestyle questionnaire. The PWP Questionnaire takes about 15 minutes to complete.
- 2- Clinical screening.
  - a. Blood pressure
  - b. Cholesterol & Glucose
  - c. Height & weight
  - d. Body fat composition
- 3- Fitness Testing
  - a. Walking (or running) test
  - b. Push-ups
  - c. Sit-ups- one minute test
  - d. Flexibility

## *Do I need to make an appointment?*

Yes, since you should expect to spend at least an hour with us.

## *Do I need to do anything to prepare for this assessment?*

It is a good idea to refrain from eating at least two hours before the profile since finger prick tests will be done for cholesterol and glucose testing. Also, we recommend that you wear comfortable, loose fitting, clothing for the fitness assessment part of the profile.

## *What's the costs?*

Once a year, full-time employees are invited to take advantage of a HRP free of charge. The Wellness Department will even send you a reminder during your birthday month.