




# Identify Health Risks:

## Nurse Outreach, Personal Health Assessment Report and Risk Stratification Report



### Nurse Outreach

After you complete your Personal Health Assessment and your biometric screening, the Personal HealthConnect clinical team reviews and identifies your health information to determine if you would be classified as a 'high risk' member. If you are identified as 'high risk', you will receive telephonic outreach from a nurse on the Personal HealthConnect clinical team. The nurse will help connect you to your primary care physician and any local resources available to assist with your areas of higher risk.



Health Assessment Report | Health Articles | Risk Advisor

#### MY BLOOD PRESSURE RISK

[Take Action Now](#)

Based on your answers, your **Blood Pressure** is at **MODERATE** risk. **Take Action Now** will provide you a list of tailored Wellness Workshops to help you address this risk.

**120/60**  
Your Blood Pressure


< 120/80    120/80 - 139/89    140/90 - 159/99    > 159/99

Your blood pressure is above the ideal range and falls into the **Moderate Risk** category of **Pre-hypertension** or **borderline high blood pressure**. Higher than ideal blood pressure can increase your risk for health issues such as stroke, heart attack, and/or kidney problems. Consider talking with your healthcare provider about your blood pressure and changes you can make to help you reach your health goals.

**Additional Resources**  
[Learn About Blood Pressure](#)  
[Salt Intake and Health](#)  
[The DASH Diet](#)

### Personal Health Assessment Report

The Personal Health Assessment (PHA) Report provides you with a detailed analysis of how you responded to the eleven risk areas on the PHA. The PHA report provides you with a general impression of your overall health with the Risk Score. Use the top graph bar to view all your potential risk areas.



PHCTest | Dashboard | Logout

Health | Wellness | Nutrition | Exercise | Community | Incentives | Reference

Cardiometabolic Center | Health Assessment | Health Logs | Health Log Intervals | Screening Results

Health Assessment Report | Health Articles | Risk Advisor

Print your PHA answers | Print your PHA report | Print your Health Summary | Print your Wellness Summary

Report Date: - Current -

#### Risk Levels

#### Wellness Score

**88**  
Low Risk

#### Report

Based on your answers, you are at **MODERATE** risk for chronic health issues. These are the top health-related behavior changes you can make to improve your overall health risks.

### Physical Activity/Exercise

[Edit Answers](#)

**Moderate**

#### Incentive Points

**Points 100**

Completion of the Personal Health Assessment is worth 100 incentive points.

# Risk Stratification Report

The Risk Stratification Report will provide a benchmark of the group's overall health and help establish target opportunities for improvement.



## Risk Stratification Report

Risk Factor	Date Range 1: 1/4/2013 - 12/31/2013					Date Range 2: 1/1/2014 - 12/31/2014					Change Over Time		
	Total	Moderate Risk	High Risk	Moderate %	High %	Total	Moderate Risk	High Risk	Moderate %	High %	Moderate %	High %	Total %
Weight (BMI)	10	5	3	50%	30%	14	3	4	21%	29%	-29%	-1%	-30%
Blood Pressure	10	4	0	40%	0%	6	4	0	67%	0%	27%	0%	27%
Cholesterol	10	6	2	60%	20%	5	4	0	80%	0%	20%	-20%	0%
Blood Glucose	10	4	1	40%	10%	5	1	0	20%	0%	-20%	-10%	-30%

