

US HEALTHCENTER, INC.

POPULATION HEALTH MANAGEMENT

OUR MISSION

is to prevent disease,
promote health, and
reduce healthcare cost
through the delivery of
clinically sound
actionable health
management science,
services and technology.



WHY CHOOSE US?

By utilizing the Health Risk Assessment and Biometrics our predictive model not only forecasts at risk populations by condition, but also ties the projected cost exposure of each condition. This level of sophistication allows our clients to easily identify the most productive strategies to control the uncontrollable health plan costs.

Utilizing our 3 simple steps can put you on the road to wellness within 6-8 weeks!

We provide tools and resources dedicated to helping individuals protect their health. Participants have the opportunity to complete three important steps including an annual biometric screening, a health risk assessment questionnaire, and a review of their results with a health coach.

STEP 1: BIOMETRIC SCREENING

The onsite full fasting screenings include basic body measurements and a blood draw that tests for 21 different blood elements associated with possible diseases. The screening will also provide participants with basic body measurements such as height, weight, blood pressure and an overall Health Status score called a WellCentive Score. A cumulative score will be created and assigned to a point range of Excellent, Good, Fair, Poor, or Very Poor. Offsite employees and spouses can be offered wellness kits to be completed in their local area.

STEP 2: HEALTH RISK ASSESSMENT (HRA)

The Health Risk Assessment (HRA) is a confidential online questionnaire about health and lifestyle habits (i.e., blood pressure, weight, tobacco use, physical activity, etc.). After completing the questionnaire each participant receives a confidential profile that identifies major health risks, and highlights healthy habits and changes the participant can make to resolve health risks.

STEP 3: PERSONALIZED WHOLEISTIC™ COACHING

Participants will receive a personal and confidential follow-up by a professional health coach, who is at minimum a Registered Nurse, to help participants understand their health information. This review can be completed in-person or over the phone. The coach can work with participants to lower risks, explain treatments, and provide guidance and interpretation on complicated medical issues.

INDIVIDUAL RISK PROFILE AND HEALTH SCORE REPORTS

After completing the Biometric Screening and HRA, participants will have a custom configured online personal health management system (Personal Health Dashboard) based on their health assessment results. This online tool allows participants to learn about their health risks and how they can modify their risks through Risk Resolutions Guidelines. They will have access to lifestyle improvement programs and interactive multi-step e-learning seminars for diet and nutrition, stress, tobacco cessation and fitness. Over time, participants are able to track changes in their assessment results so they can maintain and improve their personal health.

Lifestyle Related Risks

	2015	2014	2013
Alcohol	High	High	High
Accidents & Injuries	Elevated	Elevated	Elevated
Sunburn Exposure	Elevated	Elevated	Elevated
Vaccinations	Elevated	Elevated	Elevated
Hypercholesterolemia	Moderate	Serious	Low
Stress and Anxiety	Moderate	Moderate	Moderate
Nutritional Habits	Low	Low	Low
Sedentary Lifestyle	Low	Low	Elevated
Tobacco	Low	Serious	Serious
Overweight	Low	Low	Elevated

Medical Condition Related Health Risks

	2015	2014	2013
Diabetes II	Past/Present Condition	Past/Present Condition	High
Obesity	Serious	Serious	Low
Arthritis/ Osteoarthritis	Elevated	Elevated	Elevated
Back Condition	Elevated	Elevated	Elevated
Hepatitis/ Liver Cirrhosis	Elevated	Elevated	High
Hypertension	Elevated	Serious	Serious
Coronary Heart Disease-Male	Moderate	High	Elevated
Depression	Moderate	Moderate	Moderate
Colorectal Cancer	Low	Low	Low
Lung Cancer	Low	Elevated	Elevated
Peripheral Artery Disease	Low	Low	Low
Prostate Cancer	Low	Low	Low
Stroke	Low	Low	Low

Test Name	Optimal Values	Max Points	2015 Health Status		2014 Health Status		2013 Health Status	
			Results	Points	Results	Points	Results	Points
Tobacco use (Cotinine)	negative	18	Negative	18	Negative	18	Negative	18
BMI	<25	6	40.29	0	41.05	0	42.11	0
Body Fat Content	<20%	6	36.47	0	36.84	0	37.33	0
Waist/Hip Ratio	<1.0	6	0.91	6	0.91	6	0.92	6
Blood pressure (Systolic)	<120 mm Hg.	12	122	8	125	8	122	8
Blood pressure (Diastolic)	<80 mm Hg.	6	82	4	85	4	90	2
Glucose (Blood sugar)	<100mg/ dL	12	100	12	102	8	130	2
Total Cholesterol	<200 mg/ dL	5	215	3	225	2	232	1
HDL	>35 mg/dL	5	41	5	36	5	32	3
LDL	<100 mg/dl	4	128	2.4	135	1.6	150	1.6
TC/HDL Ratio	<4.0	0	5.24	NA	6.25	NA	7.25	NA
Triglycerides	<150 mg/dl	4	198	2.66	245	1.33	255	0.66
GGT	< 60 U/L	10	50	10	55	10	59	10

Good 75.6% out of 100% Fair 68.0% out of 100% Poor 55.6% out of 100%

HEALTH & WELLNESS CONSULTANTS

Each client is provided with a health and wellness consultant who will:

Assist in Creation of:

- Incentives Driving Participation
- An Operating Plan
- Communication & Engagement Materials

Provide Guidance with:

- Generating & Interpreting Data & Reports
- Best Practice Recommendations
- Planning and Scheduling of Events
- Real-Time Incentive Reporting

Building a Strategic Coaching Model & Stratifying the Population

- High Risk Predisease
- High Risk Biometrics
- Health Risk Lifestyles
- Chronic Co6nditions



CONTACT US

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