

INDIVIDUAL LEVEL ASSESSMENTS

DATA COLLECTION



Purpose

(What do you want to know and what do you plan to do with the data?)

Specific Health Priority Assessments

ASSESSMENT	DESCRIPTION	APPROX TIME	OFFERED BY WWKS	WWKS REPORT?
Overall Needs and Interests	Helps worksites gauge employees' needs and interests, including physical activity, nutrition, tobacco, stress/mental health, and chronic disease.	5 minutes	Yes	Yes
Healthy Foods and Beverages Assessment	Dietary screener assessing how often different foods and beverages were consumed during previous 30 days.	10 Minutes	Yes	Yes
Physical Activity	Assesses physical activity from the past 7 days.	5 minutes	Yes	Yes
Tobacco	Assesses tobacco and nicotine use.	2 minutes	Yes	Yes
Burnout	Gauges workplace stress and mental health among employees	5 minutes	Yes	Yes
Well-Being	Assesses general well-being	5 minutes	Yes	Yes

General Assessments

Productivity	Assesses employee health and stress at work with an emphasis on impacts on ability to work	10 minutes	Yes	Yes
Presenteeism	Assesses employees' work experiences and productivity as it relates to their personal health.	2 minutes	Yes	Yes
Stages of Change	Assesses employees' readiness to make behavioral changes to: physical activity, nutrition, tobacco, stress, mental health, and chronic disease.	2 minutes	Yes	Yes
Return on Investment	Track and assess measures to determine return on investment for your worksite wellness program	5 minutes	Yes	Yes

Additional Assessments

ASSESSMENT	DESCRIPTION	APPROX TIME	OFFERED BY WWKS	WWKS REPORT?
Nutrition	A 24-hour dietary recall of foods and beverages consumed.	30 minutes	Yes	Yes
Chronic Disease Self-Efficacy	Assesses employees' confidence in being able to carry out various activities given their current state of health.	10 minutes	Yes	Yes
Financial Well-Being	Evaluates employees' overall financial well-being	2 minutes	Yes	Yes
Environmental/Cultural Audit	Assesses characteristics present in the worksite that can contribute to or serve as a hindrance to improved health.	Varies	Yes	No
Incentives	Assesses employees' interests in potential incentives.	Varies	Yes	No
Program Evaluation	Evaluates workplace wellness initiative components, usually programs.	2 minutes	Yes	No
Health Risk Assessment	Provides a broad range of health indicators and behaviors.	Varies	No	No
Biometrics	Objectively measured health data such as cholesterol, fasting blood sugar, and blood pressure.	Varies	No	No
Medical Claims/Cost	Provided by your benefits plan coordinator, when used as aggregate, de-identified claims, these data can be used to track employee health claims and costs.	Varies	No	No
Abstenteeism	Likely collected at your worksite already, these data would be de-identified and in aggregate form to track absences.	Varies	No	No