

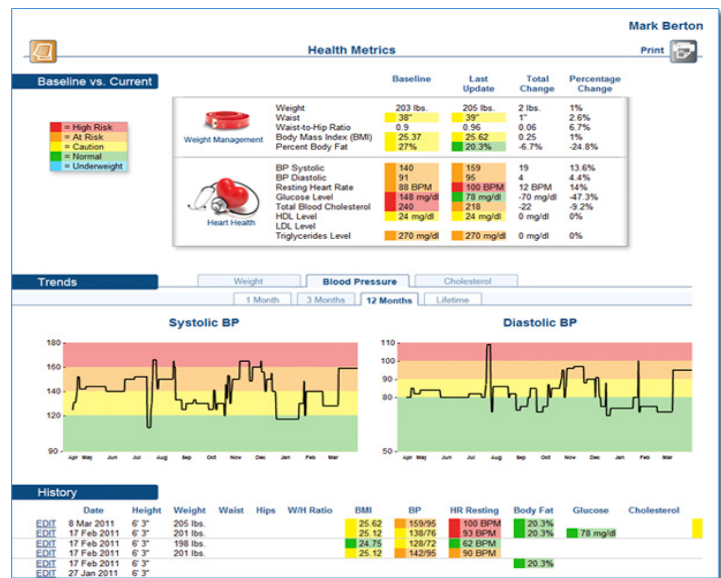


Overview of the Interactive Health Partner Software (Applications for Coordinated Programming by Wellness Works)

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The base-level programming for most worksite wellness programming typically involves the coordinated use of a health risk appraisal (HRA) along with associated biometric screening. The assessments provide employees with personal information about health and the aggregated data provides an indicator of overall health profiles for the company. Employees also need tools to assist them in tracking and monitoring their health and health behaviors over time.

Wellness Works (an outreach program in the department of Kinesiology) has purchased a site license for a comprehensive health tracking tool called the Interactive Health Partner (IHP) and this software can be customized to serve as the basis for the company-wide wellness program. The customized software would be set up and maintained specifically for each worksite with logos and information specific to their organization. The software would enable employees within a participating company to set up and monitor biometric data and lifestyle behaviors. Employees would be able to enter other clinical data and log other personal health information through a password protected (and confidential) web tool. The tool is also designed to facilitate links with clinicians to facilitate referrals (IHP has a direct partnership with Exercise is Medicine) so there is a nice synergy for clinical exercise referrals and associated programming through our local ExerCYse program (www.exerCYse.org). The IHP software includes goal setting components and a personalized activity tracking software that is well suited for group fitness centers. This software would be installed on computers in the fitness center to enable employees to track and monitor their exercise program over time. It would also enable trained student interns or leaders to assist with fitness or health coaching on site. Please contact us if you are interested in learning more about Wellness Works or the Interactive Health Partner software.



Thanks, Greg Welk, Ph.D. (gwelk@iastate.edu / www.wellnessworks@iastate.edu)