



Begin to Improve Your Health & Wellness Today

HealthSpan is dedicated to providing powerful “Actionable Knowledge” for members, employers and care managers. We offer a disease risk assessment tool, Know Your Number[®], to identify the risk for onset chronic disease and disease complications.

Know Your Number[®] Basic

Identify

Stratify and target individuals at risk utilizing a basic fingerstick screening.

Includes online Health Risk Assessment.

Improve

Improve health through targeted communication and health education with Personal Nurse Coach/Certified Care Manager follow-up.

Predict, Prevent

Predict future disease and employ preventative health measures.



The HealthSpan Know Your Number Basic program provides the knowledge to help you achieve better health and wellness.



Presented by **HEALTH SPAN™**

Welcome.

HealthSpan's Know Your Number® Basic provides “actionable knowledge” to focus on improving health and wellness for greatest results:

Members

- Individualized, disease specific risk
- What risks are modifiable and by how much
- Targeted communication

Employers

- Effectively documenting outcomes and ROI
- Accurately predicting future disease and cost burden for screened population

Personal Nurse Coach/ Certified Care Managers

- Target members and groups with greatest potential impact (modifiable risk) for appropriate wellness intervention.
- Personal nurse coach follow-up, Life Style Counseling, and HealthSpan E-Coaching is available to support members by phone or on-line as they work to improve their health.

Collaboration with Behavioral Health Specialists

- Experienced clinicians work with nurse coaches to evaluate and address psycho-social health concerns.

Action Plan

Focus on Chronic Diseases and Complications

- Coronary Heart Disease (CHD) and CHD progression
- Stroke
- Congestive Heart Failure
- Smoking related diseases:
 - lung cancer, Chronic Obstructive Pulmonary Disease (COPD)
- Cancers through Cancer Risk questionnaire

Readiness to Change

- Lifestyle
- Nutrition
- Safety
- Perceived Health and Emotional Health
- Blood Pressure and Body Mass Index (BMI) is measured
- Biometric results available at time of screening

Reports

Participation (Individual & Confidential)

- Risk of major chronic diseases and disease complications
- Health impact of risk factors: obesity and smoking
- Modifiable risk score

Individualized Letter and Intervention

- Evidence-based treatment guidelines

Population (Aggregate)

- Cross-sectional (baseline) and longitudinal (before and after) reports
- Disease and risk factors prevalence, statistical analysis
- National average benchmarks comparison
- Economic analysis
- Readiness to change

We are committed to meeting the needs of our members. You can use our website anytime — www.HealthSpanNetwork.com

HEALTH SPAN™

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