

# More than a survey – a full view

**Introducing a collection of health assessment tools for employee wellness.  
Research-based, employer-tested.**

## **Valid, actionable tools to identify needs and improve results**

Health Improvement Solutions (HIS) provides powerful assessment tools tailored to your employee needs. Efficient implementation makes it easy for participants and administrators to discover, compare, and measure success.

Select from a set of customizable tools to assess health-related risks and opportunities. Identify and present feedback to staff and management to support a comprehensive workplace health management strategy.

### **Identify, address and improve:**

- Health Risk Factors
- Well-Being
- Coping and Resilience
- Mindset & Purpose
- Financial Health

*HIS also develops custom tools for unique objectives and hard-to-measure factors*

**Identify risks to employee health & well-being**

**Support & validate program impact**

**Assess & improve productivity and presenteeism**

**Empower & engage employees**

### **HIS Assessment Tools Offer:**

- Modifiable, flexible, custom formats for every size client
- Compatibility with other platforms
- Organizational reporting with administrative access and control
- Aggregate reporting
- Historical data mapping
- Option for cohort data comparison
- Scoring algorithms supported by scientific literature
- Ad-hoc reporting

### **Employees benefit from:**

- Tailored feedback for education, goal setting and motivation for personal improvement and growth
- Clearly written, easy-to-read surveys (grade 8 and below)
- What-if analysis that encourages continued engagement
- Immediate individual reports delivered in multiple formats

**HEALTH IMPROVEMENT**  
S O L U T I O N S



  
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**Assessment Tools**

**Health Assessment (HRA) (with or without biometrics)**

***Overall physical health risks & chronic conditions***

Focus on overall health, cardiovascular, cancer, and mental health  
Essential for any workplace health management strategy  
Includes biometrics, activity, nutrition, habitual use, stress management, mental health, life satisfaction, sleep, preventive health, and history  
Integrates with other HIS assessment tools

**Senior Health Assessment (age 55+)**

Meets unique measures of an aging population including pain, functionality, medication compliance, and well-being  
Provides age and gender-specific results and reporting

**Well-Being Index (WBI)**

***Robust assessment beyond medical risks***

Focus on personal health, work, social, and community factors  
Supplements health risk assessments  
Based on 5 years collaboration with Gallup-Healthways' Well-being Index  
Offers universal well-being benchmarking for clients of any size

**Coping & Resilience Survey (CRS)**

***Enhance physical & mental health for coping and positivity***

Provides personal coping plans to strengthen resilience  
Identifies 5 dimensions of coping and resilience: emotional control, sustained attention, positive outlook, flexibility, and self-confidence.  
Empowers staff to cope and thrive amid change and uncertainty, effectively control emotions, create a positive work environment, and improve confidence



**Discover Your Purpose (DPS)**

***Meaning & direction in life***

Create a workforce that has purpose and direction  
Help employees feel empowered, gain satisfaction, and develop supportive surroundings of family, work and community  
Measures fulfillment, family support, purpose through work, community support, and life satisfaction  
Focuses on identifying a sense of purpose to promote decisions, behaviors, and actions that support a meaningful life by developing feelings of accomplishment, satisfaction, and enrichment.

**Purpose Mindset Profile (PMP)**

***Understanding self & others***

Participants learn how they process information and communicate to better understand themselves and others  
Identifies dominant process of thoughts, beliefs, and actions  
Improves personal interactions, develops motivation and coping approaches, improves stress management

**Financial Health (FHS)**

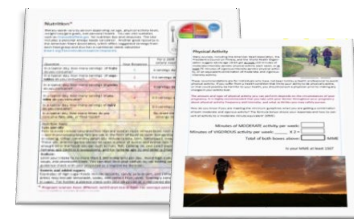
***Financial health, security & freedom of choice***

Assesses present and future status of elements related to financial well-being  
Measures financial health, financial personality, current financial situation, planning for secure future, and financial literacy  
Demonstrates ability to handle financial strains, target and meet goals, and have control over choices

**Financial Health & General Health Assessment (F-GHS)**

***Link financial health to physical health***

Combines the FHS with a health assessment to show the impact of financial well-being  
Provides financial health, general health, and combined score  
Tailored feedback related to major areas of personal health



**Explore our platform, discuss your needs, or learn about our comprehensive solutions.**

**Contact us today at [support@healthimprovementsolutions.com](mailto:support@healthimprovementsolutions.com) or 402-827-3330**

**[www.healthimprovementsolutions.com](http://www.healthimprovementsolutions.com)**

Health Improvement Solutions (HIS) is a leading provider of health and wellness program planning, evaluation, and program services. Founded in 2005 by Dr. Joseph Leutzinger, HIS offers a full range of products and solutions designed for all sized employers across a variety of industries to improve employee health and productivity.