

# Sonic Boom Wellness Health Risk Intervention (HRI) Overview



## Introduction

- Developed by ProChange Behavior Solutions, a leader in behavior change science.
- ProChange was founded in 1997, with a focus on evidence-based behavior change to improve health and wellbeing.
- The ProChange HRI combines more than 30 years of experience and research in behavior change into an engaging health risk assessment and intervention.

## Approach

- Uses scientific algorithms for personalized, evidence-based feedback.
- Adapts to each individual, offering tailored feedback and strategies for behavior change.
- Goes beyond standard health risk assessments (HRAs) by addressing emotional, mental, and physical wellbeing.
- Based on leading models of behavior change like the Transtheoretical Model (TTM).
- Assesses traditional health risks and readiness to change, providing immediate personalized feedback.

### HQA Member Input: Self-Perceived Health



**"I am not ready to change."**  
People often report their health status as better than it is when clinically tested.

### HRI Personalized Machine-Learning Analysis

- ✓ Demographic Data
- ✓ Behavioral Patterns
- ✓ Lifestyle Factors
- ✓ Predictive Analytics
- ✓ Engagement Metrics
- ✓ Social Determinants
- ✓ Psychological Profiles
- ✓ Peer-Reviewed Research Insights

Machine learning integrates diverse data points, leading to more accurate and actionable insights; yields enhanced outcomes.

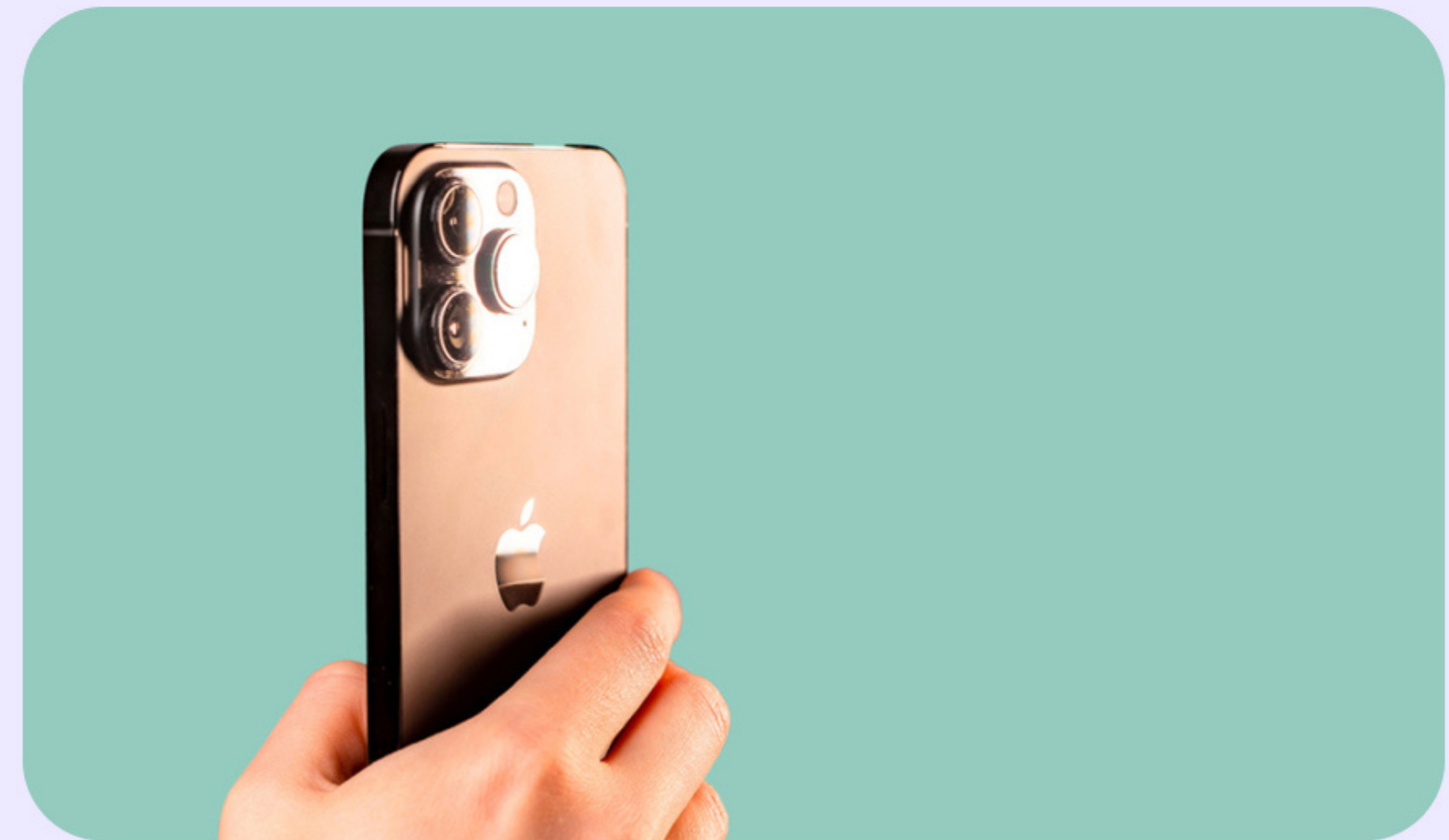


# HQA vs. HRI



## HQA

Think of this like taking a single photograph with a basic camera. The picture gives you a snapshot, a moment in time. If a member says, "I am not ready to change," it's like this photograph – it captures their statement at that moment but doesn't provide any context or deeper understanding. It's static and limited in detail.



## HRI

Now, consider a modern, high-definition video camera. When a member says, "I am not ready to change," the machine learning algorithm doesn't just take a single snapshot. Instead, it records a high-definition video, capturing not just the statement but also the surrounding context. By asking additional, peer-reviewed questions, it's like zooming in and out, adjusting the focus, and capturing different angles to understand the full story. The output is dynamic, rich in detail, and provides a comprehensive understanding of the member's perceptions and motivations.

## Functionality

- Assesses risk behaviors, adherence to health guidelines, productivity, social determinants of health, and more.
- Customizable reports show population trends and wellbeing improvements.
- Takes 10-15 minutes to complete, available in English and Spanish, and accessible on any internet-enabled device.
- Incorporates evidence-based text message personalized nudges for further engagement and health behavior changes.
- Provides a wellness profile and an aggregate summary report for Clients.
- Fully responsive design on any device.





## NCQA Certification

- ProChange, a validated measure, has achieved NCQA Wellness & Health Promotion Certifications, demonstrating compliance with high standards and quality measures.

## User Experience

- Seamless integration with Single Sign-On through the Sonic Boom Portal.
- Dynamic questions and feedback tailored to each user's profile.
- Offered in English and Spanish.
- Email reminders for incomplete sessions and confirmation of email address.

## Timing & Schedule

- 14 days to complete the HRI once started.
- New HRI available every 60 days with access to reports and wellness profiles in between.

## Sections and Questions

- Includes questions on demographics, healthy eating, exercise, mood management, tobacco use, auto safety, alcohol, overall health, and wellbeing.
- Tailored questions based on individual profiles including age, gender, and specific self-report health risks.

## End User Feedback

- Users appreciate the non-judgmental, solution-focused approach.
- The interactive design encourages self-reflection and offers tailored health advice.
- The flexibility of electronic delivery allows users to complete the HRI at their convenience.

## Impact Statistics

- 85% of users experienced positive behavior change.
- Improvements in sleep, stress management, dietary habits, and overall wellbeing were reported.

## Reporting

We provide on-demand aggregate reports to track progress. The reports include:

- **Aggregate snapshot report:** This report looks at a specific moment (or moments) in time for the organization.
- **Aggregate progress report:** This report shows changes made by individuals during a specific time period.







## Summary of General Flow of Questions in HRI

01

### **Demographic Information:**

The assessment begins with basic demographic questions. This information helps to personalize the subsequent questions and feedback.

02

### **Lifestyle and Behavior:**

Questions then delve into various lifestyle and behavior aspects, such as diet, physical activity, and sleep habits. This section aims to understand the user's daily habits that impact their health.

03

### **Mood and Stress Management:**

This segment assesses how individuals manage stress and their emotional wellbeing. Questions might focus on coping mechanisms and mental health.

04

### **Health and Safety Practices:**

The assessment includes questions about general health practices, including tobacco and alcohol use, and adherence to safety norms, such as seatbelt use.

05

### **Chronic Conditions and Medication:**

If applicable, questions might address any chronic health conditions and medication adherence, providing insights into the user's health management.

06

### **Readiness to Change:**

Throughout the assessment, questions gauge the user's readiness to change various behaviors, applying principles from the Transtheoretical Model of behavior change.

07

### **Customized Feedback and Recommendations:**

Based on the responses, the HRI provides personalized feedback and actionable recommendations to improve health and wellbeing. These recommendations come in the form of personalized SMS nudges.





## Why have we not shared the exact questions?

01

### **Intellectual Property Protection:**

The questions in the HRI are proprietary, developed based on extensive research and expertise in behavior change. Sharing them publicly would risk intellectual property and compromise the uniqueness of the program.

02

### **Preserving Assessment Integrity:**

Revealing the exact questions could potentially influence how individuals respond, impacting the authenticity of the results. The aim is to capture genuine behaviors and attitudes for accurate assessment and personalized feedback.

03

### **Adaptive and Dynamic Nature:**

The HRI is designed to be dynamic, with questions adapting based on individual responses. This means the exact set of questions varies from user to user, making it impractical to provide a standard list.

04

### **Compliance and Standardization:**

To maintain consistency and compliance with health standards and certifications, the HRI ensures questions are delivered in a controlled environment, preventing any misinterpretation or misuse outside the intended context.

This approach ensures that each user receives a personalized and effective assessment while protecting the integrity and intellectual property of the HRI program.

