

# AGGREGATE REPORT FOR Show WellSteps



● Healthy ● Borderline ● At Risk

## HEALTH BEHAVIORS

### EXERCISE

7

Oct 2020 -  
Nov -0001

company average

3.44

DAYS PER WEEK  
16 responses

5-7 DAYS

25%

3-4 DAYS

63%

0-2 DAYS

13%

### EXERCISE MINUTES

7

Oct 2020 -  
Nov -0001

company average

93.25

MINUTES PER WEEK  
16 responses

90+ MIN

44%

30-89 MIN

38%

< 30 MIN

19%

### SLEEP

7

Oct 2020 -  
Nov -0001

company average

4.38

NIGHTS OF QUALITY SLEEP  
16 responses

6-7 NIGHTS

38%

2-5 NIGHTS

50%

0-1 NIGHT

13%

### FRUIT

7

Oct 2020 -  
Nov -0001

company average

2.5

SERVINGS PER DAY  
16 responses

2+ SERVINGS

75%

1 SERVING

13%

0 SERVINGS

13%

### VEGETABLE

7

Oct 2020 -  
Nov -0001

company average

2.88

SERVINGS PER DAY  
16 responses

3+ SERVINGS

69%

2 SERVINGS

6%

0-1 SERVING

25%

### GRAIN

7

Oct 2020 -  
Nov -0001

company average

3

SERVINGS PER DAY  
16 responses

2+ SERVINGS

81%

1 SERVING, I  
HAVE A GRAIN  
SENSITIVITY

0 SERVINGS

6%

13%

## SEATBELTS

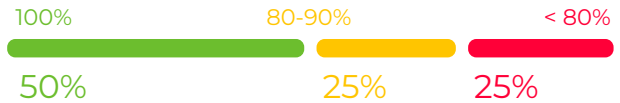
7

Oct 2020 -  
Nov -0001

company percent

50

% SEATBELT USAGE  
16 responses



## DISTRACTED DRIVING

7

Oct 2020 -  
Nov -0001

company average

1.88

TIMES  
16 responses



## SMOKING

7

Oct 2020 -  
Nov -0001

company average

0.94

DAYS SMOKED PER WEEK  
16 responses



## SMOKELESS TOBACCO

7

Oct 2020 -  
Nov -0001

company average

0.19

DAYS TOBACCO USE/WEEK  
16 responses



## ALCOHOL

7

Oct 2020 -  
Nov -0001

company average

1.06

DRINKS PER DAY  
16 responses



## EMOTIONAL HEALTH

### DEPRESSION

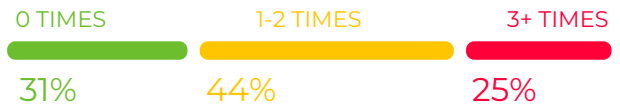
7

Oct 2020 -  
Nov -0001

company average

1.5

TIMES DEPRESSED PAST 3 MOS.  
16 responses



### STRESS

7

Oct 2020 -  
Nov -0001

company average

2.94

TIMES STRESSED PAST 3 MOS.  
16 responses



### LONELINESS

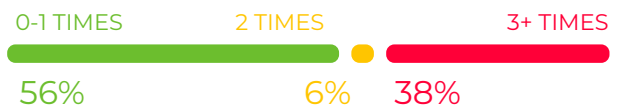
7

Oct 2020 -  
Nov -0001

company average

1.88

TIMES LONELY PAST 3 MOS.  
16 responses



## SOCIAL SUPPORT

7

Oct 2020 -  
Nov -0001

company percent

88.24

% WITH SUPPORT  
16 responses

YES

88%

NO

6%

6%

## SELF-RATED HEALTH

7

Oct 2020 -  
Nov -0001

company average

6.94

OUT OF 10  
16 responses

RATING OF 8-10

56%

RATING OF 5-7

38%

RATING OF 1-4

6%

## LIFE SATISFACTION

7

Oct 2020 -  
Nov -0001

company average

7.31

OUT OF 10  
16 responses

RATING OF 8-10

56%

RATING OF 5-7

38%

RATING OF 1-4

6%

## JOB SATISFACTION

7

Oct 2020 -  
Nov -0001

company average

8.33

OUT OF 10  
15 responses

RATING OF 8-10

80%

RATING OF 5-7

20%

## HEALTH AND PRODUCTIVITY MANAGEMENT

## PRODUCTIVITY

7

Oct 2020 -  
Nov -0001

company average

7.75

OUT OF 10  
16 responses

RATING OF 8-10

63%

RATING OF 5-7

31%

RATING OF 1-4

6%

## ABSENTEEISM

7

Oct 2020 -  
Nov -0001

company average

2.6

DAYS WORK MISSED/YEAR  
15 responses

0-2 DAYS

53%

3-5 DAYS

40%

6 DAYS OR MORE

7%

## HEALTH CARE VISITS

7

Oct 2020 -  
Nov -0001

company average

3

HEALTH CARE VISITS PER YEAR  
16 responses

1-3 VISITS

63%

0 OR 4-6 VISITS

31%

7 VISITS OR MORE

6%

## HOSPITAL STAYS

7

Oct 2020 -  
Nov -0001

company average

1.13

NIGHTS SPENT IN HOSPITAL  
16 responses

0 NIGHTS

50%

1 NIGHTS

19%

2 NIGHTS OR MORE

31%

## EMERGENCY ROOM

7

Oct 2020 -  
Nov -0001

company average

1.13

ER VISITS PER YEAR  
16 responses

0 TIMES

56%

1 TIME OR MORE

44%

## PHYSICAL HEALTH

## BODY MASS INDEX

7

Oct 2020 -  
Nov -0001

company percent

68.75

% HEALTHY  
16 responses

HEALTHY

69%

BORDERLINE

UNHEALTHY

19%

13%

## BLOOD PRESSURE

7

Oct 2020 -  
Nov -0001

company percent

69.23

% HEALTHY  
13 responses

HEALTHY

69%

BORDERLINE

UNHEALTHY

15%

15%

## BLOOD PRESSURE TREATMENT

7

Oct 2020 -  
Nov -0001

company percent

100

% DOING NOTHING  
2 responses

NOTHING

100%

## CHOLESTEROL

7

Oct 2020 -  
Nov -0001

company percent

40

% HEALTHY  
15 responses

HEALTHY

40%

BORDERLINE

40%

HIGH

20%

## CHOLESTEROL TREATMENT

7

Oct 2020 -  
Nov -0001

company percent

66.67

% DOING NOTHING  
3 responses

CHANGING LIFESTYLE

33%

NOTHING

67%

## HDL CHOLESTEROL

7

Oct 2020 -  
Nov -0001

company percent

66.67

% HEALTHY  
12 responses

HEALTHY

67%

BORDERLINE

8%

LOW

25%

## LDL CHOLESTEROL

7

Oct 2020 -  
Nov -0001

company percent

71.43

% HEALTHY  
14 responses

HEALTHY

71%

BORDERLINE

21%

HIGH

7%

GLUCOSE

7

Oct 2020 -  
Nov -0001

company percent  
**57.14**  
% HEALTHY  
*14 responses*



GLUCOSE  
TREATMENT

7

Oct 2020 -  
Nov -0001

company percent  
**33.33**  
% DOING NOTHING  
*3 responses*

