



2016 Executive Summary (abbreviated)

Health Risk Assessment

Prepared for:

Clark County

Wellness Event Year: 2016
Wellness Event: 203719 Start Date: Jun 1, 2016
Date of Report: Sep 13, 2016

For more information, please contact your account executive:

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2016 Executive Summary

Company Snapshot



Clark County

Wellness Event: 203719 Start Date: Jun 1, 2016
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PARTICIPATION

Employees: 210 Males: 121
Spouses: 81 Females: 170
Retired/Other: 0



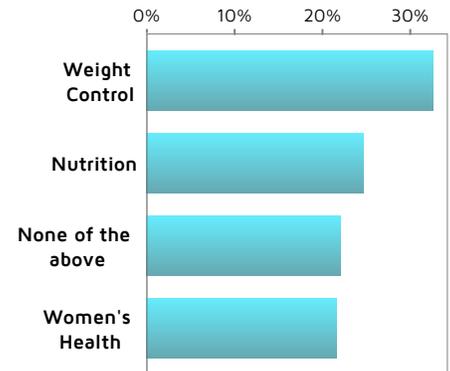
AVERAGE SCORE

The average health score has IMPROVED.



TOP INTERESTS

Survey results - top areas of interest.



RISK CATEGORY

Participant scoring by risk category.

		MINIMAL	MODERATE	MEDIUM	HIGH	EXTREME
	Total Participants	100 - 86	85 - 71	70 - 61	60 - 51	50 - 0
2016	291	36.4%	25.4%	19.6%	8.2%	10.3%
2015	255	31.8%	28.6%	19.6%	10.2%	9.8%

LAB ALERTS

16 lab values that indicate the need for further medical attention.



16 alerts

LOW/HIGH RISKS

Top 3 scored biomarkers in each classification.



Blood Pressure
Total Cholesterol
Glucose



Weight
LDL Cholesterol
HDL Cholesterol



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Participation & Scoring Detail



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Annual HRA Screening Results

Selection Criteria: Males and Females, Employees and Spouses

Average Health Score

76.1

Event	Employees	Spouses	Retired/ Others	Total Participants	Average Score	MINIMAL	MODERATE	MEDIUM	HIGH	EXTREME
						100 - 86	85 - 71	70 - 61	60 - 51	50 - 0
2016	210	81		291	76.1	36.4%	25.4%	19.6%	8.2%	10.3%
2015	168	87		255	74.3	31.8%	28.6%	19.6%	10.2%	9.8%
2014	208	91		299	76.5	35.1%	31.1%	16.4%	8.7%	8.7%
2013	166	82		248	74.3	32.3%	25.4%	20.6%	10.5%	11.3%
2012	110	2		112	78.4	45.5%	20.5%	18.8%	5.4%	9.8%
2010	145			145	73.7	32.4%	20.7%	24.1%	13.1%	9.7%
2008	97			97	76.5	32.0%	37.1%	12.4%	9.3%	9.3%
2006	150			150	79.6	44.0%	27.3%	15.3%	7.3%	6.0%

- There were 45 first year participants, with an average score of 72.9.
- There were a total of 291 participants screened in 2016, this represents 55.4% of the 525 eligible to participate.

Risk Factor Synopsis	Low Risk	High Risk
Average Score		Below the Healics National Average of 76.3
Score Trend	Above previous event average of 74.3	
Ranked Risks	BP, Total Cholesterol, Glucose	Weight, LDL Chol, HDL Chol
Zero to 60 Points		18.6% vs. Healics National Average of 18.3%

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Participant Risk Profile - Biomarkers



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Risk Profile	MINIMAL 100 - 86	MODERATE 85 - 71	MEDIUM 70 - 61	HIGH 60 - 51	EXTREME 50 - 0	Unreported *
Participants	106 36.4%	74 25.4%	57 19.6%	24 8.2%	30 10.3%	
Biomarkers - Scored						
Nicotine Use	235 80.8%	1 0.3%	1 0.3%	6 2.1%	48 16.5%	
Weight	73 25.1%	60 20.6%	42 14.4%	96 33.0%	20 6.9%	
Blood Pressure	222 76.3%	29 10.0%	34 11.7%	3 1.0%	3 1.0%	
Glucose	223 76.6%	36 12.4%	10 3.4%	16 5.5%	6 2.1%	
Triglycerides	173 59.5%	34 11.7%	41 14.1%	38 13.1%	5 1.7%	
Total Cholesterol	220 75.6%	40 13.7%	23 7.9%	2 0.7%	6 2.1%	
LDL Cholesterol	110 37.8%	67 23.0%	52 17.9%	35 12.0%	22 7.6%	5
HDL Cholesterol	141 48.5%	52 17.9%	50 17.2%	30 10.3%	18 6.2%	
Total Cholesterol/HDL Ratio	137 47.1%	61 21.0%	66 22.7%	26 8.9%	1 0.3%	
Biomarkers - Non-scored	0.0 - 0.9	1.0 - 1.9	2.0 - 2.9	3.0 - 3.9	4.0+	
PSA (males)	NC	NC	NC	NC	NC	

* Reasons for **Unreported** report entries may include:

- Lab samples pending
- Data not provided by 3rd party
- Test not performed
- Results could not be calculated



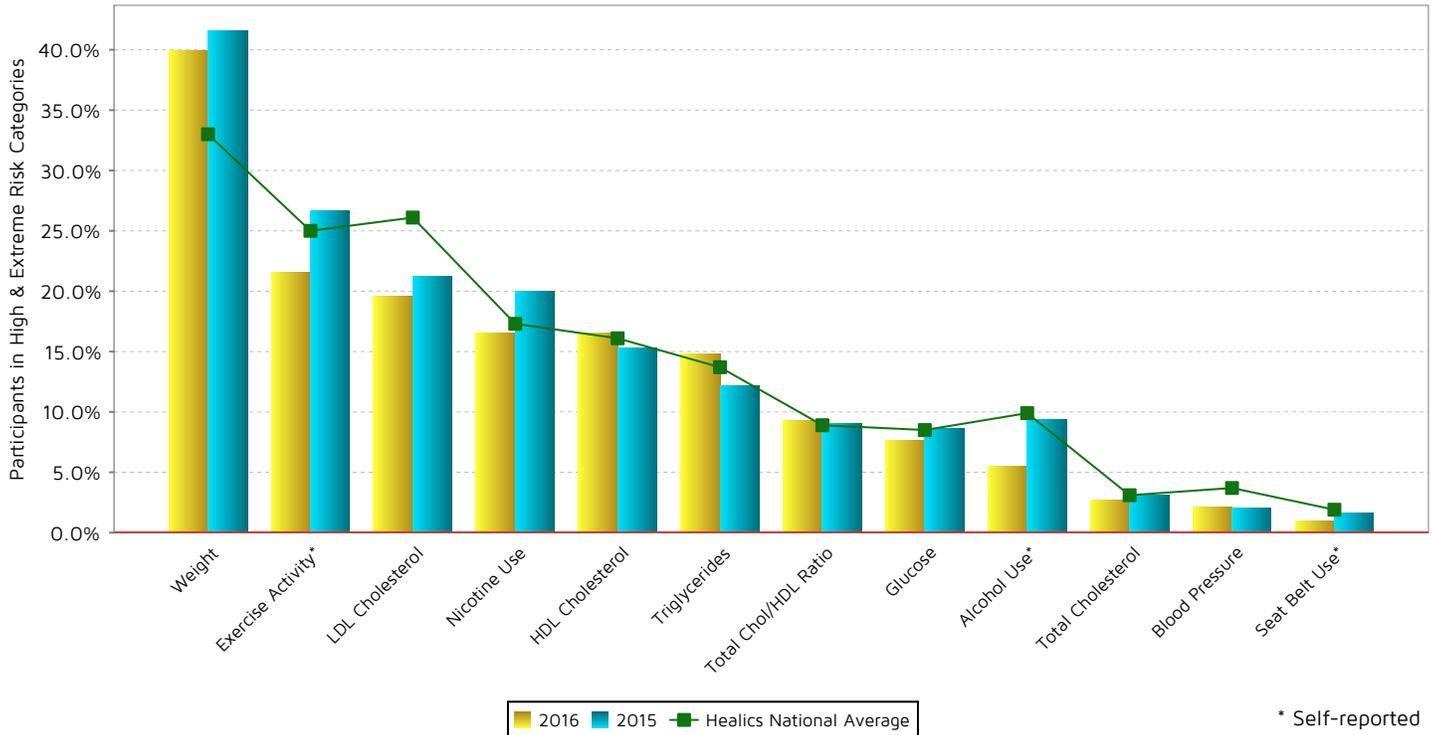
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High Risk vs Healics National Average



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NICOTINE USE: 16.5% of participants tested positive for tobacco/cotinine – a by-product of nicotine

Positive cotinine is a result from tobacco use, high exposure to second-hand smoke and/or the use of nicotine replacement products. Use of tobacco and exposure to second-hand smoke harms every organ of the body. Providing support and restriction of tobacco products on work premises, will assist with reduction of use, reduction and prevention of damaging health problems and improving absenteeism and over-all health.

WEIGHT: 39.9% of participants do not have a healthy weight

Weight is defined by BMI and Waist Measurement. People who do not have a healthy weight are at increased risk for many health conditions including metabolic syndrome. Abdominal obesity especially correlates with metabolic risk factors and can trigger insulin resistance (inefficient use of insulin.) Recommended waist circumference is less than:

- 40 inches for men.
- 35 inches for women.

BLOOD PRESSURE: 2.1% of participants are at high risk for blood pressure

Blood pressure is determined by the amount of blood the heart pumps and the amount of resistance to blood flow in the arteries. High blood pressure is a condition in which the force of the blood against the artery walls could increase risk of heart disease.

GLUCOSE: 7.6% of participants have fasting blood sugar levels above 100

Diabetes is diagnosed by the presence of a fasting blood sugar of 126 or greater. Many people have prediabetes, where their blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes. Without weight loss and moderate physical activity, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years. (CDC)

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High Risk vs Healics National Average



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TRIGLYCERIDES: 14.8% of participants are at high risk for triglycerides

Triglycerides are another form of fat found in the blood, impacted by fat and sugar intake (which included refined grain products). High levels of triglycerides over an extended period of time can increase the risk of heart disease and metabolic syndrome.

TOTAL CHOLESTEROL: 2.7% of participants have elevated Total Cholesterol

High cholesterol puts you at risk of heart disease, the leading cause of death in the United States. People with high cholesterol have twice the risk of heart disease as people with lower levels. Cholesterol is a waxy, fat-like substance that can build up on the artery walls, resulting in blocked arteries, leading to heart disease and strokes.

LDL CHOLESTEROL: 19.6% of participants have high LDL Cholesterol

LDL (low-density lipoprotein) cholesterol makes up the majority of the body's cholesterol. LDL is known as 'bad' cholesterol because having high levels can lead to plaque buildup in the arteries and can result in heart disease and stroke.

HDL CHOLESTEROL: 16.5% of participants have low HDL Cholesterol

HDL (high-density lipoprotein), cholesterol, the "good" cholesterol, carries LDL back to the liver where it is removed from the blood stream and broken down. Too much bad cholesterol and not enough good cholesterol can put you at risk for serious health problems like, heart disease and stroke.

TOTAL CHOLESTEROL/HDL RATIO: 9.3% of participants are at risk of high Total Chol/HDL Ratio's

Chol/HDL ratio is your high-density lipoprotein (HDL, or "good") cholesterol number divided into your total cholesterol number. An optimal ratio is less than 3.5-to-1. A higher ratio means a higher risk of heart disease.

ALCOHOL USE: 5.5% of participants report a high intake alcohol

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including; High blood pressure, heart disease, stroke, liver disease, and digestive problems. Excessive drinking has been responsible for 1 in 10 deaths among working-age adults aged 20-64 years.

EXERCISE ACTIVITY: 21.6% of participants exercise less than ½ hour per week

An underlying cause of metabolic syndrome and obesity is being physically inactive. People who have metabolic syndrome can reduce their risk for cardiovascular disease and type 2 diabetes by losing weight and increasing their physical activity.

SEAT BELT USE: 1.0% of participants have safety risk related to seat belt use

Seat belt use has consistently been shown to reduce motor vehicle collision (MVC)-related morbidity and mortality. Lost workdays attributable to MVCs in the United States have sizable financial implications. Furthermore, seat belt use significantly reduces lost time at work and is associated with a significant cost savings.

Sources:

National Institute of Health (NIH)
American Heart Association (AHA)
Centers for Disease Control (CDC)
Mayo Clinic



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Cohort Analysis



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Results by Test Year	2016	2015	2014	2013	2012
Average Age	48.7	47.7	46.7	45.8	44.1
Male Employees	13	13	13	13	13
Female Employees	22	22	22	22	22
Total Employees	35	35	35	35	35
Male Spouses					
Female Spouses					
Total Spouses					
Male Retired Employees					
Female Retired Employees					
Total Retired Employees					
Male Retired Spouses					
Female Retired Spouses					
Total Retired Spouses					
Male Others					
Female Others					
Total Others					
Total Participants	35	35	35	35	35
Percent by Risk Category					
Minimum (100-86)	65.7%	57.1%	68.6%	57.1%	62.9%
Moderate (85-71)	22.9%	34.3%	17.1%	22.9%	22.9%
Medium (70-61)	11.4%	5.7%	14.3%	20.0%	8.6%
High (60-51)		2.9%			5.7%
Extreme (50 or less)					
Average Points by Risk Factor					
Nicotine Use (24)	24.0	24.0	24.0	24.0	24.0
Weight (24)	17.3	16.3	17.5	16.1	17.3
Blood Pressure (16)	15.2	14.6	15.8	15.2	14.5
Glucose (12)	11.8	11.6	11.3	11.0	11.8
Triglycerides (8)	6.5	6.5	6.6	6.5	6.7
Total Cholesterol (4)	3.8	3.7	3.7	3.7	3.6
LDL Cholesterol (4)	2.7	2.9	2.9	3.0	2.6
HDL Cholesterol (4)	3.0	2.9	2.8	2.6	2.8
Total Chol/HDL Ratio (4)	3.0	3.1	3.1	3.0	3.1
Average Total Points	87.3	85.6	87.7	85.1	86.4



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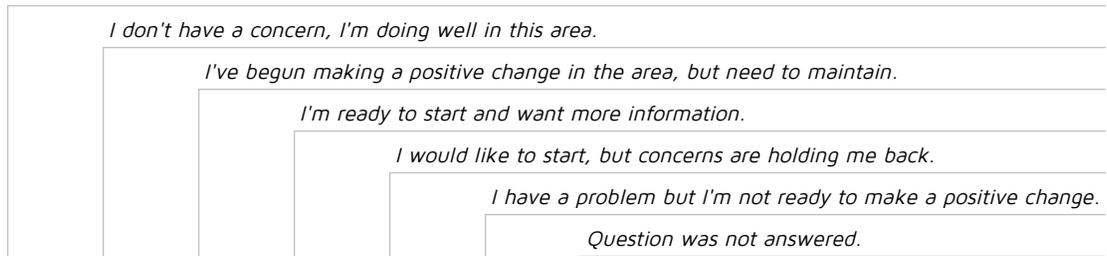
Readiness to Change & Interest Survey



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Readiness to Change



Topic	I don't have a concern, I'm doing well in this area.	I've begun making a positive change in the area, but need to maintain.	I'm ready to start and want more information.	I would like to start, but concerns are holding me back.	I have a problem but I'm not ready to make a positive change.	Question was not answered.
Nicotine Use	243	19	7	1	2	19
Alcohol Use	255	15	1	0	1	19
Exercise Habits	114	123	26	13	3	12
Eating Habits	116	129	25	6	2	13
Stress Management	152	88	22	7	4	18
Weight Management	105	128	32	10	2	14

Interest Survey

