HealthStatus.com, Inc.

About our Assessments

HealthStatus.com, Inc. has a solid collection of Internet based health assessments targeted to consumers. The assessments are written to eighth grade reading level, which makes them a good choice for the blue-collar as well as the white-collar user. Peer reviewed scientific studies are the basis for all our assessments. Algorithms and published data from organizations such as the CDC, Carter Center of Emory University and the Framingham Heart Study have allowed us to develop our assessments. HealthStatus.com continually monitors the medical community for pertinent information that should be added to the assessments.

Our software is licensed to run on your web servers. You have complete control of the hardware, the software and the data. Included in our license is time for basic installation and customization, so there is no long learning curve for your technology people to learn how to setup the software and make it work. We are happy to do more extensive customization and have designed the software from the ground up to accommodate these types of requests. We also built in the ability to handle multiple populations with one installation of the software. If you are an organization operating under multiple brands, one license can serve all your brands and each can have their own look and feel, and group reports can be run for each brand or a composite report can be generated.

The HealthStatus.com assessments are based on current Internet technology. The assessment programs run on the server of the host web site and the data is stored in either ASCII or SQL compatible databases. Using standard open source applications allow us to support almost any web server platform. Custom HTML templates are easily created for the input pages and the output reports, which results in a look and feel that matches your web site exactly. Our expertise allows a drop-in assessment solution for almost any Internet or Intranet web site. By storing the data in standard database formats, you can access the data using common tools to create your own special reports for follow-up, intervention programs or individual education. This data can also be used to present more focused content over the rest of your web site or in emails that you send to your membership.

We take security seriously. Since you host the database on your servers, it allows you ultimate control on who gets access to what information. If you already have a user login program in place, we will use common industry practices to make our software work with your technology. We can also encrypt personally identifiable information before storing it in the database if you desire.

The health risk assessment is based on the Healthier People study done by the Carter Center of Emory University. HealthStatus.com has updated this version, using current mortality information and expanding the number of risks calculated. The question set is about forty-five questions long. The number of questions is dependant on sex and smoking status. The standard output report is ten pages, with the final page being a doctor's chart report. Standard within the report is a cover letter explaining what the assessment is and its purpose. Users get a listing of their top ten risks of mortality and a comparison to U.S. averages. Basic measures for the individual showing the inputs of height, weight, sex, calculated values of BMI and other important details. The report

has about five pages with paragraphs reporting at-risk behavior, ideas for improvement or encouragement in areas that the user has reduced risk. Based on the answers supplied and risks calculated a list of Internet resources is provided for the user. There is an option to add a print friendly version of the report.   Also provided with the general assessment is a group report. This group report shows the status of your group in critical areas and can help you to quickly determine which educational or intervention programs will provide the most benefit.

The general health assessment is the result of a collaborative effort between HealthStatus.com, Inc. and Consumer Health Interactive. Again, the Healthier People algorithms are used as the baseline for this assessment and all of the elements of the health risk assessment are factored.   Additional elements related to family history, stress and depression have been incorporated as well. This assessment also provides feedback as the assessment is being taken, with a shorter summary document produced at the end. This assessment focuses less on the "numbers" and encourages a move to better habits.

The disease specific assessments for diabetes and cardiac disease utilize all the same technologies as our general health assessment. The cardiac assessment is based on a subset of Healthier People with additional information and algorithms from the Framingham Heart Study. The question set for this assessment is twenty-one questions in length. The report for the cardiac assessment utilizes bar graphs and an indicator "light", showing low, medium or high risk in eight key areas. A cover letter and summary page are also included in the four page standard version of this report. The diabetes assessment is quick to take and easy to use. Based on the American Diabetes Association's published work, the question set is ten questions long. A simple report tells the user their risk for diabetes and what specific habits they should work on to reduce their risk.

HealthStatus.com used the work of several fitness experts to create our online fitness assessment. The assessment consists of three parts; first the user completes the Physical Activity Readiness Questionnaire (PARQ), to determine if they should proceed with the assessment. After answering the PARQ, the user is given instructions on doing a multipart fitness assessment; the portions covered are trunk flexibility, muscular endurance and cardiorespiratory endurance. An instruction page is delivered to the users browser, after completing the four activities the user returns to the site and enters their scores and some body measurements. A two-page report with cover letter and results for each area is returned.

The assessments are available for licensing individually or as a group. The initial licensing fee covers the following: license for one web server, installation and setup for the web server, and first year maintenance. You can process an unlimited number of assessments on your server, there are no per assessment fees. Depending on the package you select up to thirty hours of customization is also included, which may be used for graphic design matching the look and feel of your site for input and output reports, customization of the cover pages for each report, integration with your current registration or user system. Should you have the need to support multiple sites or multiple user groups within one web site, HealthStatus.com can work with you to provide the best, least cost solution. Each year a maintenance fee is required for updates to the programs, additional reports, algorithm and mortality table updates.

You can look at examples of our reports at http://www.healthstatus.net or you can visit our consumer portal to see an example of how our assessments and calculators can be integrated into a web site at http://www.healthstatus.com

Our service options are listed below, select the option that fits you best or call our staff at (317) 823.2687 and we will be happy to assist in helping you select the option that is best suited for your needs.

OPTION 1) LICENSE OF HEALTHSTATUS ASSESSMENT SERVER:

Our most powerful software package gives you the power to create your own health assessments. Using SOAP server technology and XML your team can create a health assessment using our questions, your questions or some of each. You can pick out parts of one assessment and add it onto another. You completely control the look and feel of the input and output, including which messages to show and in what order. Create your own health assessment product and sell it to others. You get our entire assessment collection and all the calculators built into an easy to use, well documented SOAP server that can either reside on your servers or be hosted by us. Our SOAP server can be accessed by websites using Microsoft ASP or .NET, Java, PHP, Ruby, Perl, Python and other web development technologies.

Call us at 317.823.2687 for pricing or email us at sales@healthstatus.com.

HealthStatus.com strongly recommends you consult with your legal department regarding HIPPA issues related to using our assessments.

OPTION 2) LICENSE OF ASSESSMENTS OR BUNDLES INSTALLED ON YOUR SERVER:

The assessments listed may be be purchased individually:

Health Risk Assessment

General Health Assessment

Cardiac Risk Assessment

Health Calculators Collection

Call us at 317.823.2687 for pricing or email us at sales@healthstatus.com.

ASSESSMENT BUNDLES (ALL BUNDLES INCLUDE OUR CALCULATOR PACKAGE AT NO EXTRA CHARGE, AND OUR GROUP REPORT SOFTWARE):

Disease Bundle – Health Risk Assessment, Cardiac, Diabetes

Feeling Good Bundle – General Health, Fitness, General Well-Being

HealthStatus.com Bundle – All six assessments & calculator collection

Call us at 317.823.2687 for pricing or email us at sales@healthstatus.com.

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Option 3) Managed Assessments and Calculators Hosted by HealthStatus.com

If your organization prefers not to manage the software and web server, HealthStatus.com can do it for you. The software will reside on our equipment; we match the look and feel of your web site (gold and platinum levels only). We backup the data, handle security and login of your users.

HealthStatus Basic:

Basic Powered by HealthStatus website, includes the Health Risk Assessment, General Health Assessment, Diabetes Assessment, Cardiac Assessment and our health calculators. Up to 3,000 users per year, users can take as many assessments as they desire. Standard login system with group and location codes so you can run aggregate reports by group or group and location. This option can be setup in as little as 5 working days from receipt of your agreement and setup fee.

Group reports: Free, run as often as you desire.

HealthStatus Gold:

We match the look and feel of your website includes the Health Risk Assessment, General Health Assessment, Diabetes Assessment, Cardiac Assessment and our health calculators.   Up to 7,500 users per year, users can take as many assessments as they desire.   Standard login system with group and location codes so you can run aggregate reports by group or group and location or if you already have a secure login system we will work with your programmers so the users don't have to login twice.

Group reports: Free, run as often as you desire.

HealthStatus Platinum:

We match the look and feel of your website includes Health Risk Assessment, General Health Assessment, Diabetes Assessment, Cardiac Assessment and our health calculators.   Up to 15,000 users per year, users can take as many assessments as they desire.   Standard login system with group and location codes so you can run aggregate reports by group or group and location or if you already have a secure login system we will work with your programmers so the users don't have to login twice.

Group reports: Free, run as often as you desire.

Call us at 317.823.2687 for pricing or email us at sales@healthstatus.com.

HealthStatus.com strongly recommends you consult with your legal department regarding HIPPA issues related to using our assessments.

MANAGED CALCULATORS HOSTED BY HEALTHSTATUS.COM

If your organization does not require the full capabilities of our health assessments, you can still use HealthStatus.com to provide health calculators that will add content to your site and be a valuable resource for your visitors. The software will reside on our equipment; we match the look and feel of your web site. Calculators can be configured to show as a full web page, within a frame, or as a popup.

Setup: $597.00 includes one year of hosting.
Annual subscription renewal - $197.00

Calculators included:
- Blood Alcohol Estimator
- Body Fat Estimator
- Body Mass Index
- Calories burned (over 100 activities listed)
- Daily Energy Expenditure (BMR)
- Frame size
- Ideal Weight
- Lean Body Weight Estimator
- Lose one pound (shows number of minutes required to lose one pound by activity)
- Pregnancy Due Date Estimator
- Ovulation Estimator
- Smoking Costs
- Target Heart Rate
- Waist to Hip Ratio

A menu to access the calculators is also provided, or you may link directly to each one from your site.

SERVICES AND FEES INCLUDED WITH OPTIONS FROM HEALTHSTATUS.COM

	Licensed Assessments & Bundles	Managed Assessments HealthStatus Basic	Managed Assessments Gold and Platinum	Managed Calculators
Website matching	Yes	No	Yes	Yes
Assessments included	Some	Some	All	No
Calculators Included	Bundles only	Yes	Yes	Yes
Access to user data	Yes	Yes	Yes	No
Installation on your servers	Yes	No	No	No
Hosted on our servers	No	Yes	Yes	Yes
Setup fee	No	Yes	Yes	Yes
License fee	Yes(varies)	No	No	No
Annual maintenance / subscription fee	Yes(varies)	Yes	Yes	Yes
Per Assessment fee	No	No	No	No
Setup time	4-6 weeks	5-10 days	3-5 weeks	2-3 weeks

FREQUENTLY ASKED QUESTIONS

Will my visitors see the advertisements that you see on HealthStatus.com? No, that is a demo site where we show what can be done. You completely control the look and feel.

Can my visitors use my current login system and access the assessments? Probably, we have been able to work with most registration systems to collect the information we need to secure them into the system.

Can we add or remove questions, or change the wording of questions? We don't recommend changing the wording as studies have been performed to make sure the most accurate response is provided. Some questions can be removed but most questions are critical for accurate results. Questions can be added, this is a custom option so call us and explain your needs and we will provide you with a detailed solution.

We have people from out of the country that will use the assessment, can you do metric? Yes, we have a metric input option.

We want the managed assessments but only want one or two of the assessments is that possible and is it cheaper? Yes, it is possible to do this, unfortunately it isn't any cheaper. Our template based system takes about the same amount of time to setup for all assessments as it is for one or two, and the management of the database, backups, and server doesn't decrease.

What are customized links? HealthStatus.com provides links to other Internet resources based on the conditions and habits of each person taking an assessment. If a person takes an assessment and is found to be overweight, they will see default links to several US government resources about controlling your weight and eating in a healthy manner. If you already have similar content on your site, we can change the links to go to your content based on the various conditions that the user may have.