A Health Snapshot to Motivate Good Health. My Health Score™ provides a numerical snapshot of each employee’s health profile. It uses a proprietary formula to give a complete, accurate picture of an individual’s current health and wellness by creating an easy-to-understand number.

Employees will appreciate the simplicity of the concept. They’ll immediately know where they stand on the health and wellness continuum and be motivated to improve their “health number.” Your business will benefit from a healthier, more productive workforce/organization.

Five key components are used to calculate the My Health Score: 1) Healthy behavior, 2) Body composition, 3) Health status, 4) Screening results, and 5) Preventive services. Each component is assigned a value according to its influence on the total score. Each of these individual components also considers a number of factors that work together to determine a person’s level of risk on a health-risk spectrum. Think of My Health Score as a snapshot that tells you if you’re a picture of health!

The five My Health Score components and their respective values, as well as the individual components that are included in each category, are shown below.

1. Healthy Behavior: 10%
   - Tobacco usage
   - Presence of depression symptoms
   - Stress level
   - Seat belt usage

2. Body Composition: 30%
   - Body mass index
   - Waist circumference

3. Health Status: 10%
   - Presence of diabetes
   - Presence of cardiovascular disease

4. Screening Results: 30%
   - Blood pressure
   - Total cholesterol
   - High-density lipoprotein (HDL)
   - Low-density lipoprotein (LDL)
   - Triglycerides
   - Glucose

5. Preventive Services 20%
   - Established primary care provider
   - Recent physical exam
   - Prostate exam (men only)
   - Mammogram (women only)
   - Pap smear (women only)

Custom Health Scores
My Health Score can be customized for a specific program*. If any of the categories or individual factors within the OneCommunity Health Score will not be collected, or need to be modified in any way, a customer calculation will be used per the health provider’s specifications. Any data field collected on the health survey or a lab form can be incorporated into a custom score. OneCommunity programs utilizing a custom My Health Score also have the opportunity to specify the results scale and classification structure. They can also modify areas of the My Health Score page to be viewed by the participants.