

CoreHealth Health Assessments

CoreHealth offers 3 great options to deliver assessments.

Create Your Own

Do you currently use your own health assessment and want to continue with it or have ideas on one you want to develop? No problem! CoreHealth's Data Hub enables you to create and deliver your own health assessment. Gather any type of participant information using complex rules, formulas, data types, branching logic, answer weighting, and most importantly, drive other actions on the system.

Out-of-the-Box Lifestyle Assessment

CoreHealth's standard out-of-the-box lifestyle assessment is GINA compliant and has the flexibility to add your own questions or edit as desired! Available in English, French and Spanish, the assessment uses the calculations of the 10-year risk of cardiovascular disease based on scientific research by the Framingham Heart Study and takes approximately 5 minutes to complete.

Third-Party Assessment Vendors

The CoreHealth platform integrates with third-party assessment providers. Use one of our vendors that include NCQA-Certified and GINA-compliant health risk assessments.



LEARN MORE ABOUT COMMON RISK FACTORS

The following data has been compiled based on your answers to our health risk survey. This is your source for accurate and relevant health information that has been personalized for your needs. This information will help you understand how everyday health habits and your family history could impact your health in the future.

📊	CHOLESTEROL	+
📈	BLOOD PRESSURE	+
📏	WEIGHT	+
📏	WAIST	-

Your Waist is (Inches): 41

Your waist circumference is high. A waist size 88 cm (35 inches) or higher for a female or 102 cm (40 inches) or higher for a male carries a higher risk of type 2 diabetes, coronary heart disease and hypertension.

Tips for Reducing Weight:

1. Get physically active for at least 30 minutes daily (see the Exercise section for more details)
2. Eat healthy foods (see the Eating section for more details)
3. Get support from family and friends
4. Talk with your health care provider

📏	EXERCISE	+
🍴	EATING	+
🚭	SMOKING	+
🍷	ALCOHOL	+
📱	WORKLIFE BALANCE	+
📊	CARDIOVASCULAR DISEASE	+



The University of Michigan's (UofM) HRA is the most scientifically validated HRA that measures physical and mental health, health risk and compliance with preventive services. UofM HRA's intellectual property is now embedded into CoreHealth's wellness platform.



Vivametrica is a passive HRA that uses mobile and wearable device data, AI and scientifically validated models to accurately predict mortality and disease risk to provide an individual vScore.



Pro-Change's NCQA-certified digital suite of behavior change solutions includes an HRI (a health risk assessment plus intervention). Pro-Change's HRI also uses validated questions to assess readiness for change, health risks, providing immediate evidence-based feedback.



MindQ is a clinically-validated mental health and well-being assessment that measures mental well-being continuum including life satisfaction, resilience and emotional health. Upon completion of the assessment, MindQ provides insights into areas for self-care and improvement.