

Save money through the right actions for those who need it most

HPI Health Screening is a cost-effective service that helps the employer to chart health, identify HPI Health- and Risk group and prioritize the right efforts. HPI Health screening is based on the Health Profile, the leading method to motivate to a healthy lifestyle.



Questions about lifestyle, health and motivation

The participant logs in to the web site Todaytoo through a welcoming e-mail and reminders are sent automatically to those who did not answer. Participants who have no e-mail account signs in through an alternative link. The questions take five minutes to answer and includes physical activity, diet, tobacco, weight, alcohol, symptoms, stress, recovery, health and motivation. The answers are conducted with confidentiality.



The participant logs in to a personal health account to see the result

On Todaytoo, the participant can see what the results mean from a health perspective and read more about different recommendations. The participant sees his development from previous profiles and can compare their lifestyle and results with the Swedish working population in HPI Health data.

The employer can also inform about different health services and activities.



Reporting at group level

The individual results are compiled into a group result with the possibility of a deep report on, for example, department, profession, sex and age. The report is a basis for the employer's strategic health work.

HPI Health Screening is developed and validated against the Health Profile

Through continuous development and validation, HPI Health Screening can identify HPI Risk Groups and HPI Health Groups. HPI Health Screening can therefore also provide a unique result for maximum oxygen uptake.

Health Profile has been the leading method for promoting health for more than 40 years and is interdisciplinary based on behavioral science, physiology and medicine.

Identify employees in Risk- and Health groups and guide the health investment for those who need it most.

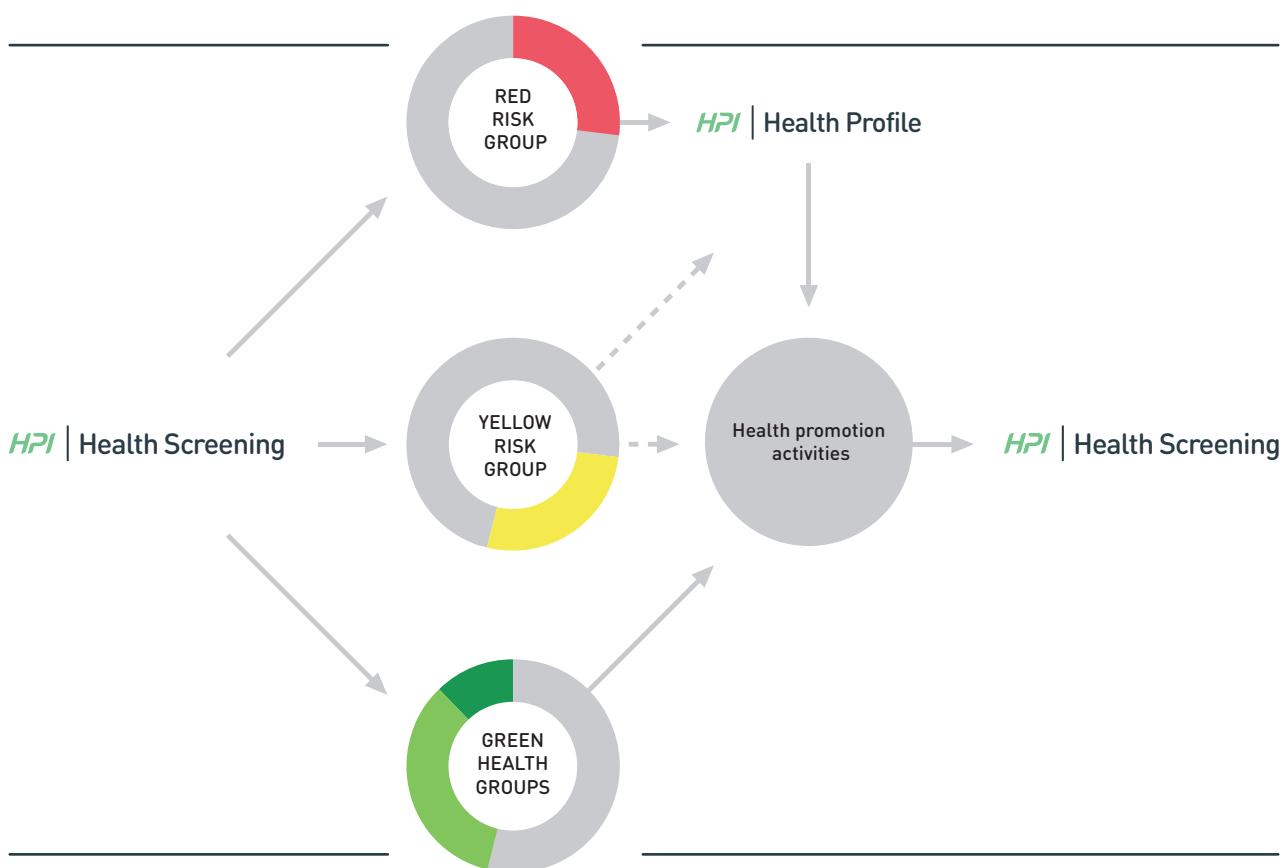
Healthy employees have lower sick leave and can be more productive. HPI Health screening identifies the Red Risk group, Yellow Risk group and Healthy Groups (Green).

HPI RISK GROUP

- = great need of lifestyle changes
- = need of lifestyle changes

HPI HEALTHY GROUP

- = good lifestyle
- = very good lifestyle



HPI Health Screening provides a starting point at the workplace and is a basis for the employer's strategic health work.

Employees in the Red Risk Group are offered an individual follow-up, such as a Health Profile Assessment, to increase motivation to improve lifestyle.

All employees receive health promotion deals such as health care contributions, inspirational talks and joint activities.

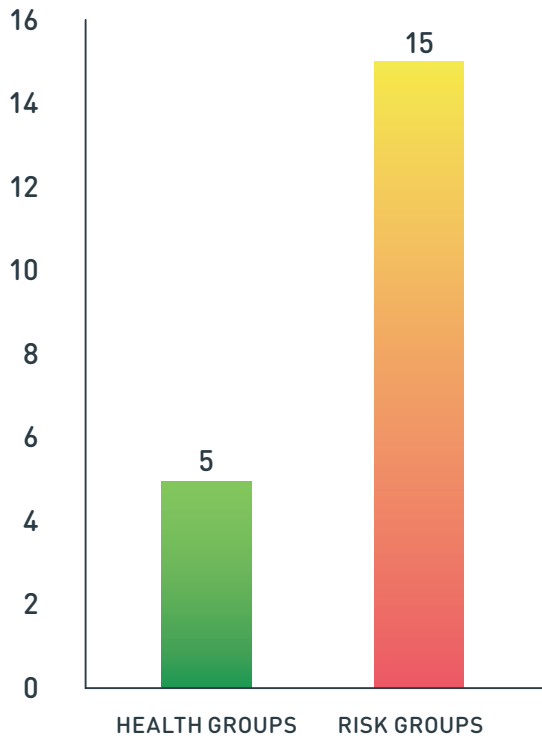
The objective for those in the HPI Health Groups is to maintain a healthy lifestyle.

After some time, the HPI Health Screening is implemented again to assess the impact of the activities and update the strategic health work.

A big advantage with Health Screening is that it provides a guide to health investment for the employees who have the greatest need to change their lifestyle.

HPI Health- and Risk groups have a clear connection with sick leave

AVERAGE NUMBER OF SICK DAYS PER YEAR AND EMPLOYEE



Employees in the HPI Risk group have need of lifestyle improvements. Those in HPI Health Group have a healthy lifestyle.

A scientific study of 320 civil servants showed that employees in the Risk group had an average of 10 sick days more per year compared to those in the Health group. A staff economic calculation shows that each sick day costs the employer approximately 10% of the monthly salary.

1 Sick day = 10% of 1 monthly salary

10 sick days = 100% of 1 monthly salary

Therefore, employees in the Risk group cost the employer on average one extra month's salary per year compared to those in the Health group.

Health- and risk groups are developed based on the latest research and the experience of several million Health Profiles performed since 1976.

Physical fitness gives strength and productivity

Reducing sick days is valuable but an even bigger profit for the employer is usually in increasing employee attendance. An important part of high attendance is the employee's fitness level.

For example, a sedentary worker, the recommendation is maximal oxygen uptake of about 35 ml/min/kg. Today every other employee lacks a value of 35 or more and thus have difficulty coping at work with reduced efficiency and productivity.

Through the fitness test in the Health Profile Assessment, the participant is aware of what is needed to increase their physical fitness and thereby gain more strength, both in everyday life and at the workplace.

A unique group score for maximum oxygen uptake

With different parameters in HPI Health Screening, employee probability is calculated for a healthy maximum oxygen uptake. The result is correct for 8 out of 10 and can therefore be used at the group level as a starting point.

The formula is unique and developed with logistic regression as well as validated against hundreds of thousands of Health Profiles and fitness test on cycle ergometer in HPI Health Data.

Todaytoo.se - to promote lifestyle and health

The name Todaytoo has a visionary dimension - "today too". Lifestyle and health develop with small steps, one step at a time, preferably every day.

On Todaytoo, the participant can:

- View and save their results from different health services or health tests, such as Health Profiles, Health Screening, Fitness Test.
- See what the different results mean from a health perspective and read more about different recommendations and limits.
- See their development.
- Compare their lifestyle and results with Swedish working population.



HPI Health Data Increases Knowledge about lifestyle, health and work environment

HPI has, together with Health Profile coaches, been building HPI Health Data for 30 years now, which now includes hundreds of thousands of Health Profiles, Health Screenings, Workplace Profiles and Fitness Tests. HPI Health Data is unique to its extent, its time span and its content.

HPI Health Data is used, for example:

- to develop HPI's methods and services,
- in major research projects that HPI is involved in,
- as reference data in working population, both at individual and group level.



The Health Screening is developed by HPI Health Profile Institute

HPI develops methods, services and software for health development of the individual, group and organization and also educates and conducts research in health and wellness. HPI is working with health companies, fitness companies, fitness centres, insurance companies, community health and county councils' health. The company also trains students at universities, colleges, high schools and at private educational institutions. Through a combination of development, pioneering and continuity, HPI has been one of the market's leading actors for more than four decades.

