



RMH Group, Inc
 RMH 2009 Assessment
 03/04/2009 - 03/30/2010

General Statistics

Participants

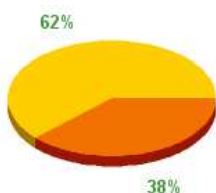
ELIGIBLE PARTICIPANTS	80
# COMPLETED	21
PERCENTAGE	26.3%

Demographic Profile

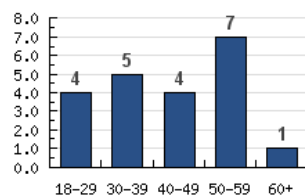
AVERAGE AGE	43
LOWEST AGE	24
HIGHEST AGE	68

MALE/FEMALE RATIO CHART

Male Female



AGE RANGE OF EMPLOYEES



Overall Wellness Score

AVERAGE SCORE	80	LOWEST SCORE	58
MEDIAN SCORE	82	HIGHEST SCORE	96

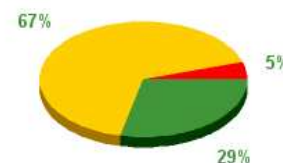
Wellness Score Breakdown

Respondents were scored on a scale of 0 - 100

WELLNESS SCORE CHART

Scoring was categorized as follows:

- Great** = scores of 86-100
- Fair** = scores of 60-85
- Needs Improvement** = scores under 60



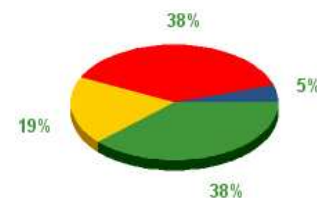
Body Mass Index (BMI) / Distribution

AVERAGE COMPANY BMI: 28.2

BMI DISTRIBUTION CHART

Body Mass Index is categorized as follows:

- Underweight** = BMI less than or equal to 18.4
- Ideal Weight** = BMI 18.5 to 24.9
- Overweight** = BMI 25 to 29.9
- Obese** = BMI greater than or equal to 30



STATUS	ACTUAL #	ACTUAL %	TOTAL AT RISK %
Underweight	1	4.8%	61.9%
Ideal Weight	8	38.1%	
Overweight	8	38.1%	
Obese	4	19.0%	

Biometric Values

Summary

Biometric measurements deserve special attention. They are objective and quantitative, allowing you to track aggregate health improvement over time. Talk to Sonic Boom about coordinating biometric testing at work (or at home) to ensure that employees "know their numbers."

Blood Pressure - the measurement of the force of blood being pumped to all parts of the body. Normal blood pressure is 120/80. Because there are no overt symptoms, high blood pressure is considered the "silent killer."

Cholesterol - by itself, is not bad. It's found in all the cells of the body, producing cell membranes and necessary hormones. But, too much cholesterol in the blood is a major risk for heart disease.

Blood Glucose - the primary source of fuel for the body's cells. Normal blood glucose levels are about 90mg/100ml. Persistently high blood sugar can lead to type II diabetes, when the body is no longer able to regulate blood sugar levels effectively.

Triglycerides - calories ingested in a meal but not used immediately as fuel are converted to triglycerides and stored in fat cells. Excess triglycerides in the blood are linked to increased risk for heart disease.

Blood Pressure

STATUS	ACTUAL #	ACTUAL %	TOTAL AT RISK %
Don't Know	3	14.3%	
Low	8	38.1%	
Normal	10	47.6%	0%
Borderline High	0	0%	
High	0	0%	

Cholesterol

STATUS	ACTUAL #	ACTUAL %	TOTAL AT RISK %
Don't Know	5	23.8%	
Normal (<= 199)	9	42.9%	33.3%
Borderline High (200 - 239)	6	28.6%	
High (greater than or equal to 240)	1	4.8%	

Blood Glucose

STATUS	ACTUAL #	ACTUAL %	TOTAL AT RISK %
Don't Know	11	52.4%	
Normal (70 - 99)	9	42.9%	4.8%
Borderline High (100 - 125)	1	4.8%	
High (greater than or equal to 126)	0	0%	

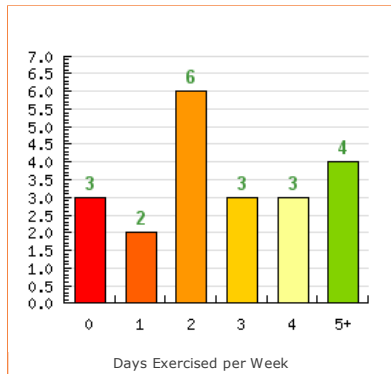
Triglycerides

STATUS	ACTUAL #	ACTUAL %	TOTAL AT RISK %
Don't Know	10	47.6%	
Normal (< 150)	7	33.3%	19.0%
Borderline High (150 - 199)	2	9.5%	
High (greater than or equal to 200)	2	9.5%	

Behaviors and Lifestyles

Exercise

How many days per week do you usually exercise for at least 30 minutes at a time?



At minimum, people should exercise 30 minutes per day most days of the week. A balanced fitness program includes:

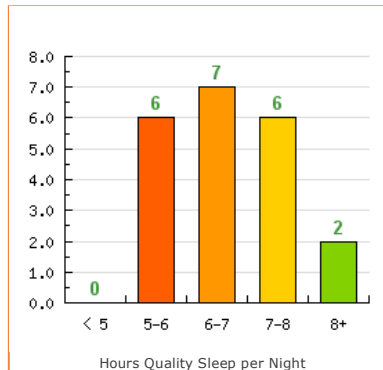
- Cardiovascular exercise
- Resistance training
- Flexibility training

One of the best predictors of whether someone will continue their exercise routine is whether they enjoy exercising.

Studies show that those who are more physically fit are less likely to be absent from work.

Quality Sleep Index

How much quality sleep do you normally get per night?



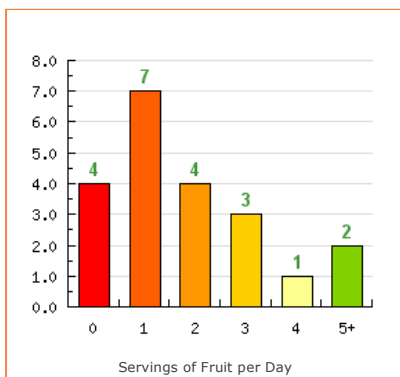
Chronic sleep loss can contribute to such health problems as weight gain, high blood pressure, and a decrease in the power of the immune system.

- Sleep loss may result in irritability, mood disorders, reduced productivity, and higher accident rates.

FACT: the average American gets just **6.9** hours of sleep per night, an hour less than a few decades ago.

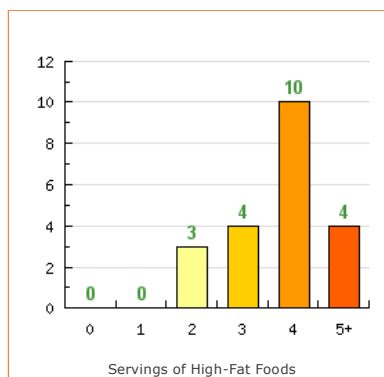
Nutrition - Fruit Intake

How many servings of fruit do you normally eat per day (such as an apple, a banana, or a cup of berries)?



Nutrition - Saturated Fat Intake

How many servings of high-fat foods (ground beef, chips, butter, fried foods) do you normally eat per day?



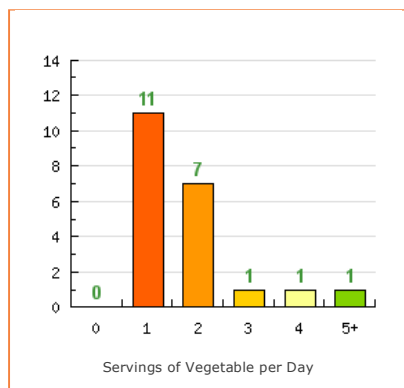
Excess saturated and trans fat intake has been linked to myriad health problems, including obesity, high blood pressure, high cholesterol, and heart disease.

- Trans fats (hydrogenated oils) are not necessary for human nutrition and should be avoided
- Both saturated fats and trans fats have been shown to raise bad cholesterol (LDL)

FACT: all fats contain 9 calories per gram, the highest energy density of any food source.

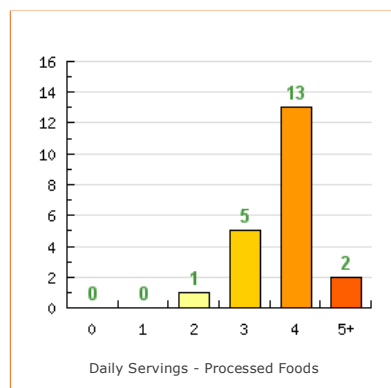
Nutrition - Vegetable Intake

How many servings of vegetables do you normally eat per day?



Nutrition - Processed Foods Intake

How many servings of processed foods (e.g. cereals, bagels, muffins, cookies, white bread) do you normally eat per day?



Processed foods generally are higher in sugar, sodium and simple carbohydrates that cause a rapid spike in blood sugar.

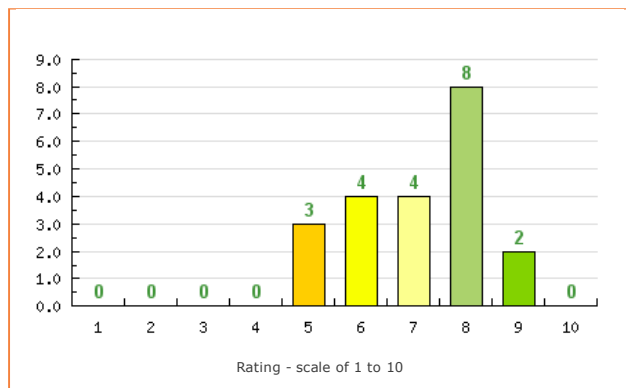
- Processed refined foods should be limited, in favor of whole foods such as vegetables, fruits, fish, lean meats, seeds and whole grains.
- Excess consumption of highly-processed foods correlates to risk for obesity and type II diabetes.

FACT: Whole grains and seeds such as quinoa, amaranth, buckwheat and millet are more nutritious alternatives to wheat, rice, corn, and potatoes.

Behaviors and Lifestyles

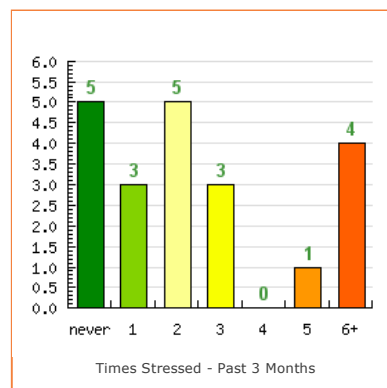
Participants' View of Overall Health

On a scale of 1 to 10 (10 being "Excellent"), how would you rate your overall state of health?



Stress

In the past 3 months, how often has your routine been disrupted by feeling very stressed?



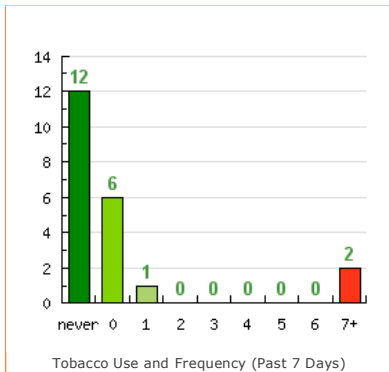
Stress is considered the most expensive risk factor for employers. Per person per year, high stress costs an additional:

- \$297 in direct medical expenses
- \$413 in disability claims

FACT: According to a Gallup Poll, 25% of workers said they are so stressed that they have wanted to scream out loud.

Tobacco Use

In the past 7 days, how many times did you use tobacco products?



Approximately 23% of Americans use tobacco products.

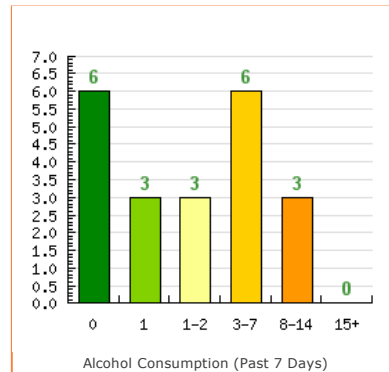
Your group - total respondents reporting tobacco use in the past 7 days:

3

FACT: Tobacco use is considered the leading cause of preventable death in the United States.

Alcohol Consumption

During the past 7 days, how many alcoholic beverages (one 12 ounce beer, a 1.5 ounce shot, a 5-ounce glass of wine) did you drink?



Between 0 and 2 drinks per day are recommended for optimal health. More than 2 drinks per day may signal alcohol dependence.

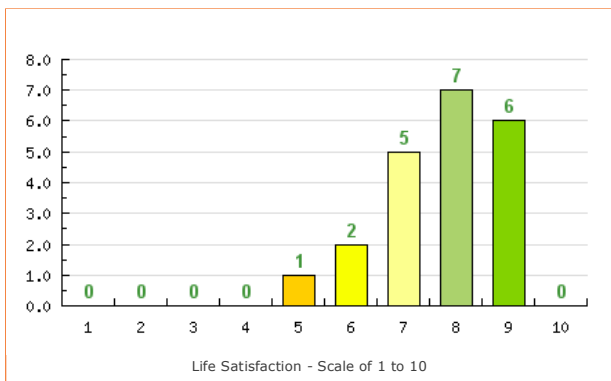
Your group - total respondents reporting 15 or more drinks in the past 7 days:

0

FACT: An estimated 10% of high blood pressure cases are attributed to alcohol abuse - 3 or more drinks per day.

Life Satisfaction

On a scale of 1 to 10 (10 being "totally satisfied"), how satisfied are you with your life?



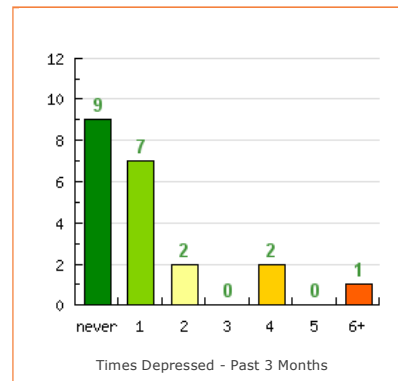
Life satisfaction is linked to productivity, stress, and overall health status. People with low overall satisfaction are estimated to be at least:

■ **5% less productive at work**

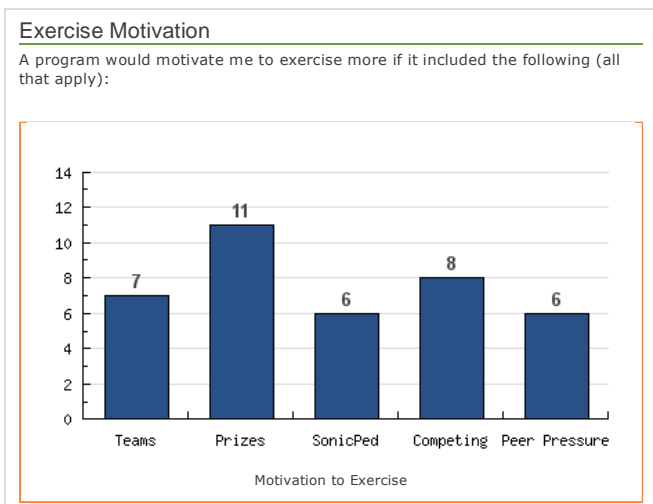
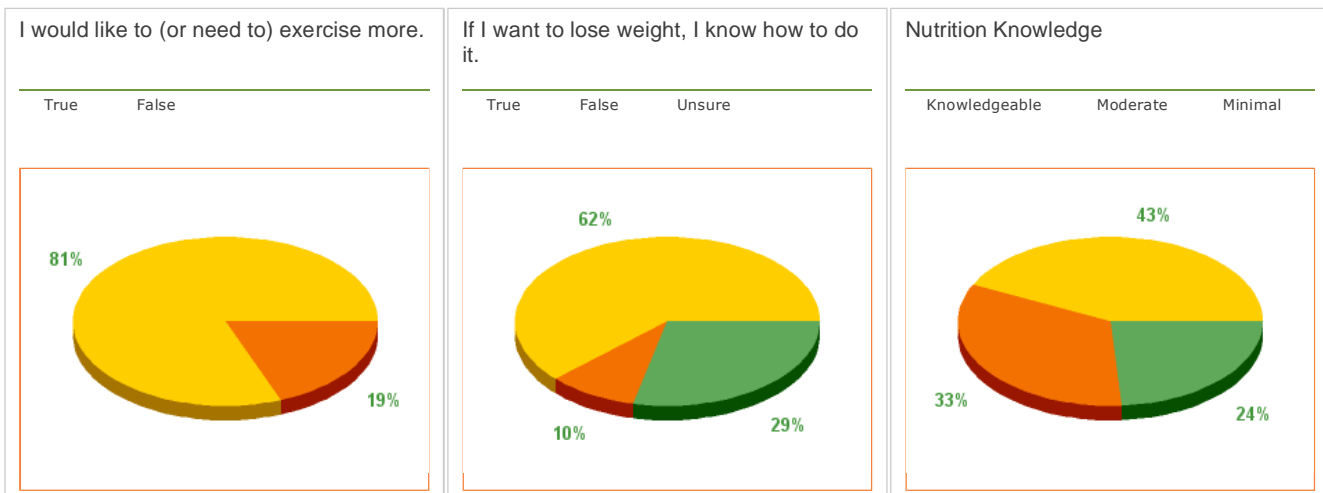
According to 4 separate studies, feelings of depression most greatly leads to low life satisfaction, suggesting that a lack of meaning is more detrimental to life satisfaction than stress and worries.

Depression

In the past 3 months, how often has your normal routine been disrupted by feeling very depressed?

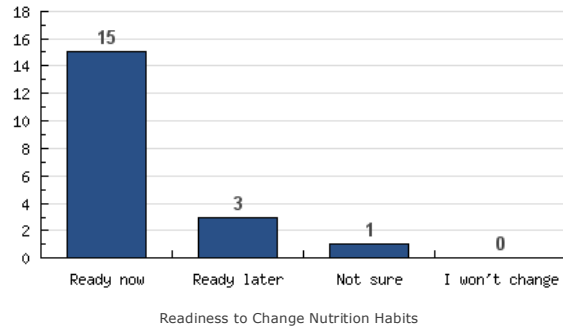


Lifestyle Questions



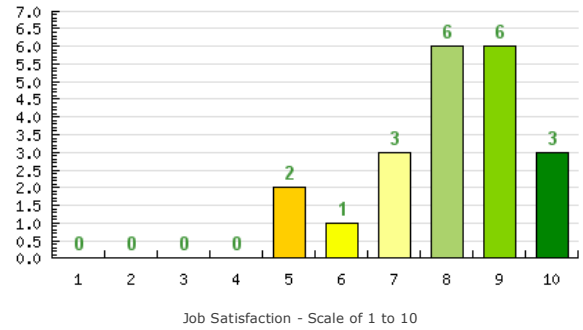
Nutrition: Readiness to Change

I am ready to change my nutrition habits as follows:



Job Satisfaction

On a scale of 1 to 10 (10 being "totally satisfied"), how satisfied are you with your job?



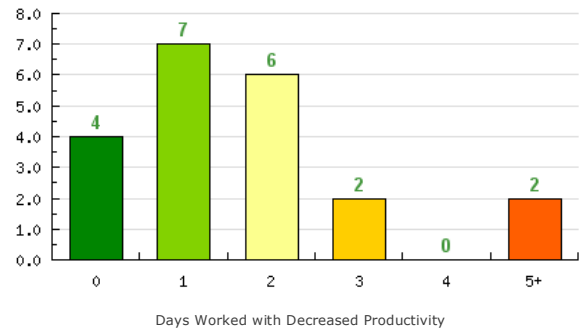
Injury and Illness

In the past 3 months, how many times did you miss work due to personal illness or injury?



Presenteeism

In the last month, how many days did you show up for work even though you weren't as productive as you would have liked (due to illness, pain, stress, or fatigue)?



Productivity

On a scale of 1 to 10 (10 being best), how would you rate your overall productivity at work?

