

Extended High Risk Coaching

Circle Wellness uses the risk identification criteria developed by the University of Michigan Health Management Research Center (UM-HMRC).

Because Circle utilizes a highly advanced health power assessment (HPA) questionnaire based on leading cost avoidance research from UM-HMRC, we are able to provide a confident analysis of a participant's overall risks and engage through proactive extended high risk coaching.

Extended Coaching Program:

Participants qualify for additional coaching if they have 4 or more risks. Below is a brief overview of the program.

- ◆ Eligible participants are invited during private consultation and enrolled in additional coaching. Eligible participants who do not participate in private consultation will receive confidential mailings to invite participation.
- ◆ Coaching provides assistance and support with blood pressure, blood sugar, cholesterol, weight control or, other relevant health related areas.
- ◆ Participants are assigned one dedicated coach that extends throughout the remainder of the program year.
- ◆ Coaches make a minimum of four proactive outbound telephone calls or e-mail interactions throughout the remainder of the year. Participants can contact their coach as often as they desire.



UM-HMRC High Risk Criteria

Measure	Definition
1. Alcohol	More than 14 drinks/week
2. Blood Pressure	Systolic >139 or Diastolic >89 mmHg
3. Body Weight	BMI \geq 27.5
4. Cholesterol	Greater than 239 mg/dl
5. HDL	Less than 35 mg/dl
6. Existing Medical Problem	Heart, Cancer, Diabetes, Stroke
7. Illness Days	>5 days last year
8. Life Satisfaction	Partly or not satisfied
9. Perception of Health	Fair or poor
10. Physical Activity	Less than one time/week
11. Safety Belt Usage	Using safety belt less than 100% of time
12. Smoking	Current Smoker
13. Stress	High

Overall Risk Levels

Low Risk:	0-2 high risks
Medium Risk:	3-4 high risks
High Risk:	5 or more high risks

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