



NASA

*EmbodyHealth Progress
Update*

December 11, 2008

Agenda

- NASAHealthierYou.com Key Metrics
- NASA Health Assessment Data
- NASAHealthierYou.com Report Suite Review

NASAHealthierYou.com Overview

- EmbodyHealth launched in January 2007
- To date, 5,132 individuals have registered on NASAHealthierYou.com
- In 2008 (YTD), NASAHealthierYou.com has received 30,544 visits
- Health Assessment offered in 2007 & 2008
- Incentives: small gifts offered to first 1,000 Health Assessment participants

2008 Communications Review

Visits to NASAHealthierYou.com

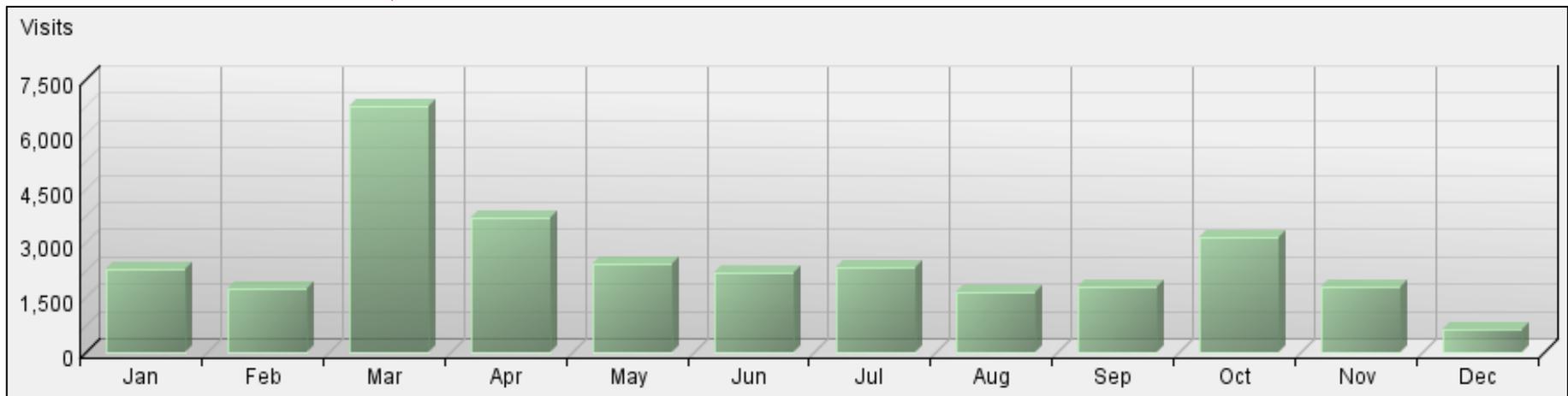
Organization-Wide
Announcement E-mail



NASA Occupational
Health Conference

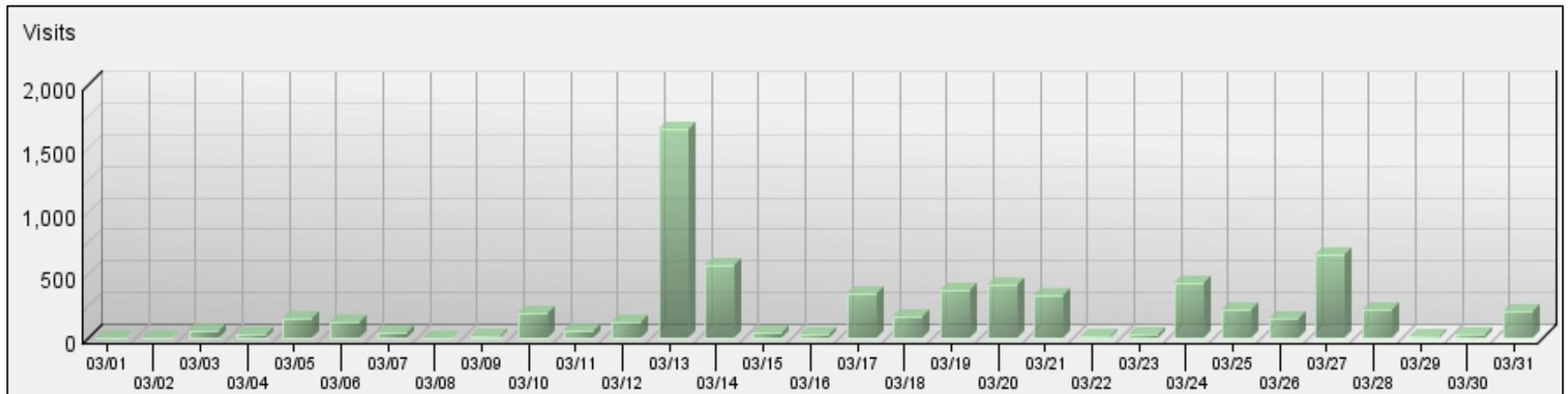


Walk to Wellness
Launched



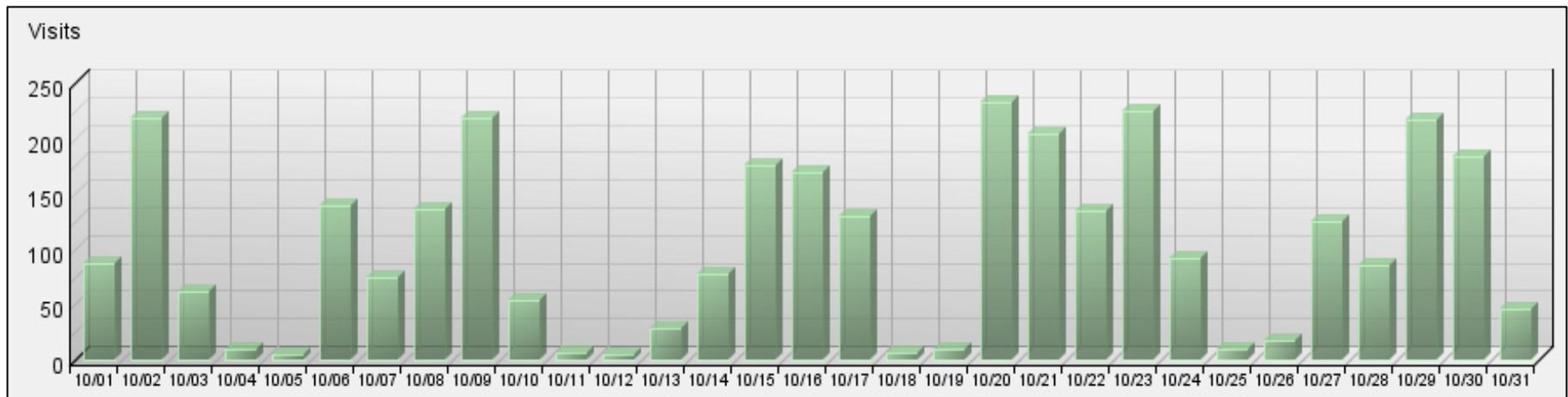
March Visits to NASAHealthierYou.com

Organization-Wide
Announcement E-mail



October Visits to NASAHealthierYou.com

Walk to Wellness
Launched



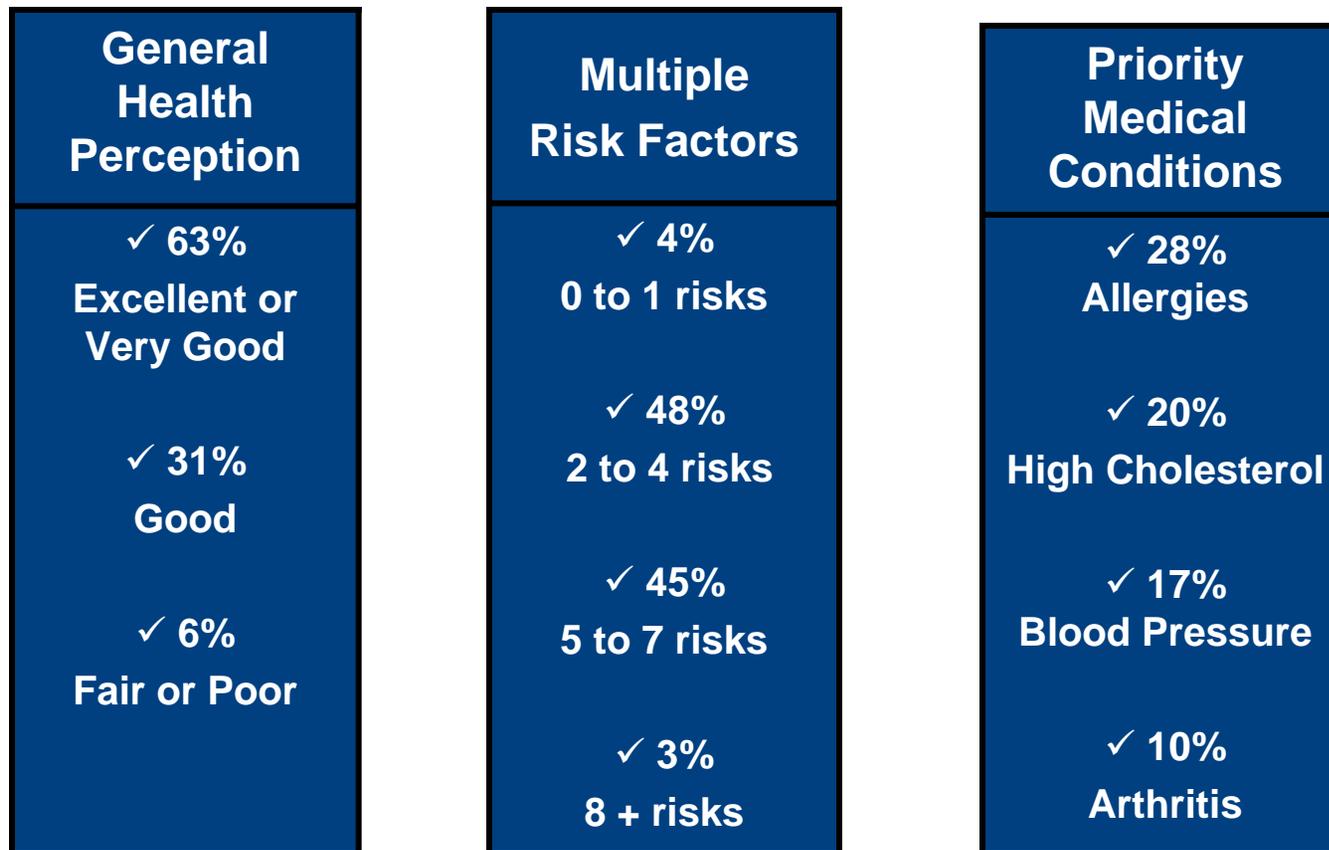
Health Assessment Participation

Metric	2008 Participation (YTD)	2007 Participation
Participation	2,169	1,705
Civil Servants	45%	78%
Contractors	52%	19%
Spouse/Other	3%	3%
Male	48%	52%
Female	52%	48%
Age 40-49	31%	36%
Age 50+	42%	37%

Health Assessment Participation by Center

Center		2008 (YTD)	2007
Ames Research	↑	116	90
Dryden Flight Research	↑	51	22
Glenn Research	↓	108	130
Goddard Space Flight	↓	160	200
Headquarters	↑	111	98
Jet Propulsion	↑	5	2
Johnson Space	↑	369	147
Kennedy Space	↑	381	284
Langley Research	↑	198	147
Michoud Assembly	↓	1	3
Marshall Space	↑	236	215
NASA Shared Service	↑	29	15
Stennis Space	↑	351	315
Wallops Flight	↑	35	29
White Sands Test	↑	18	8

Risk Stratification Perspective – 2008

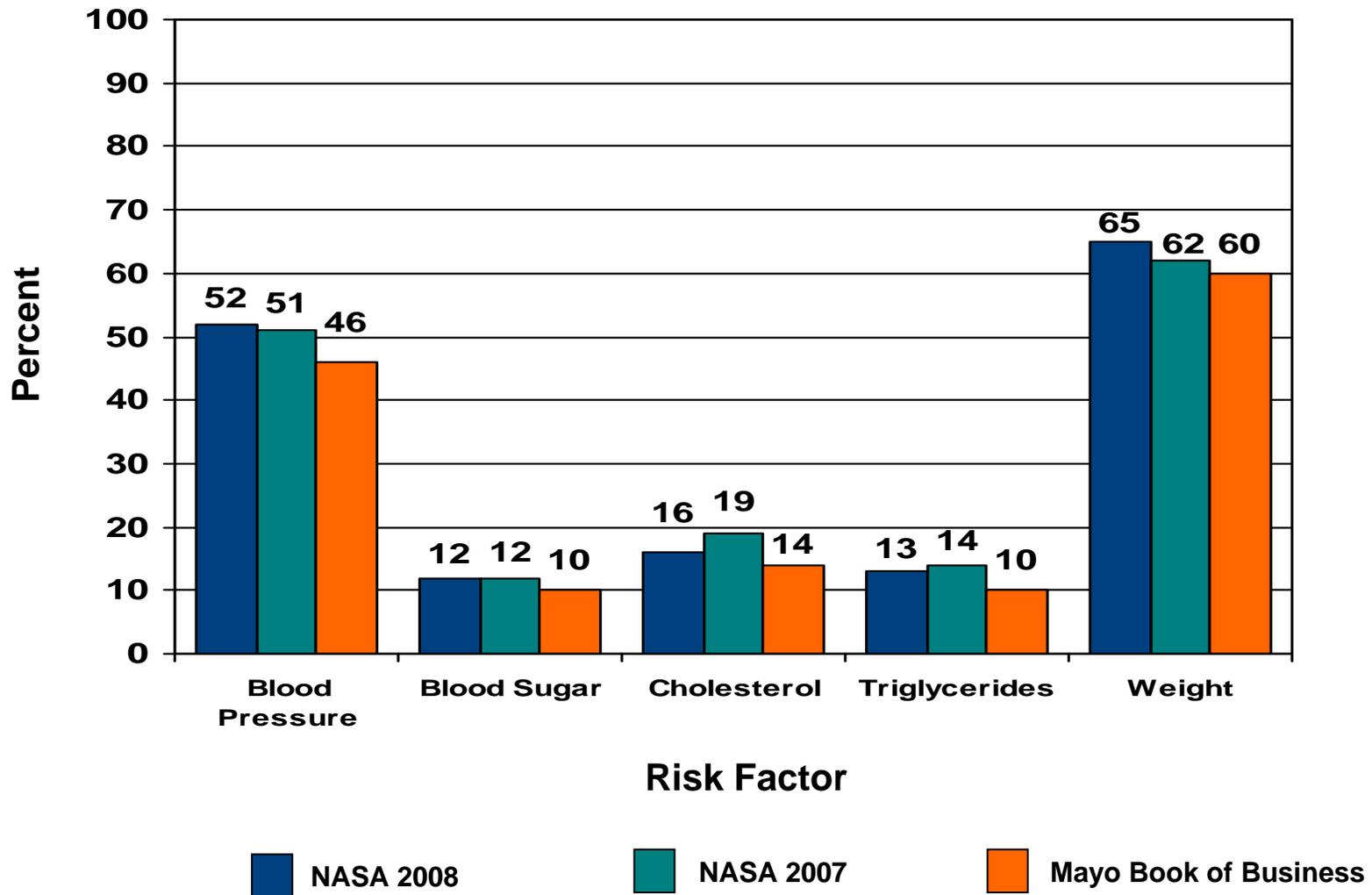


Risk Categories – 2007 & 2008

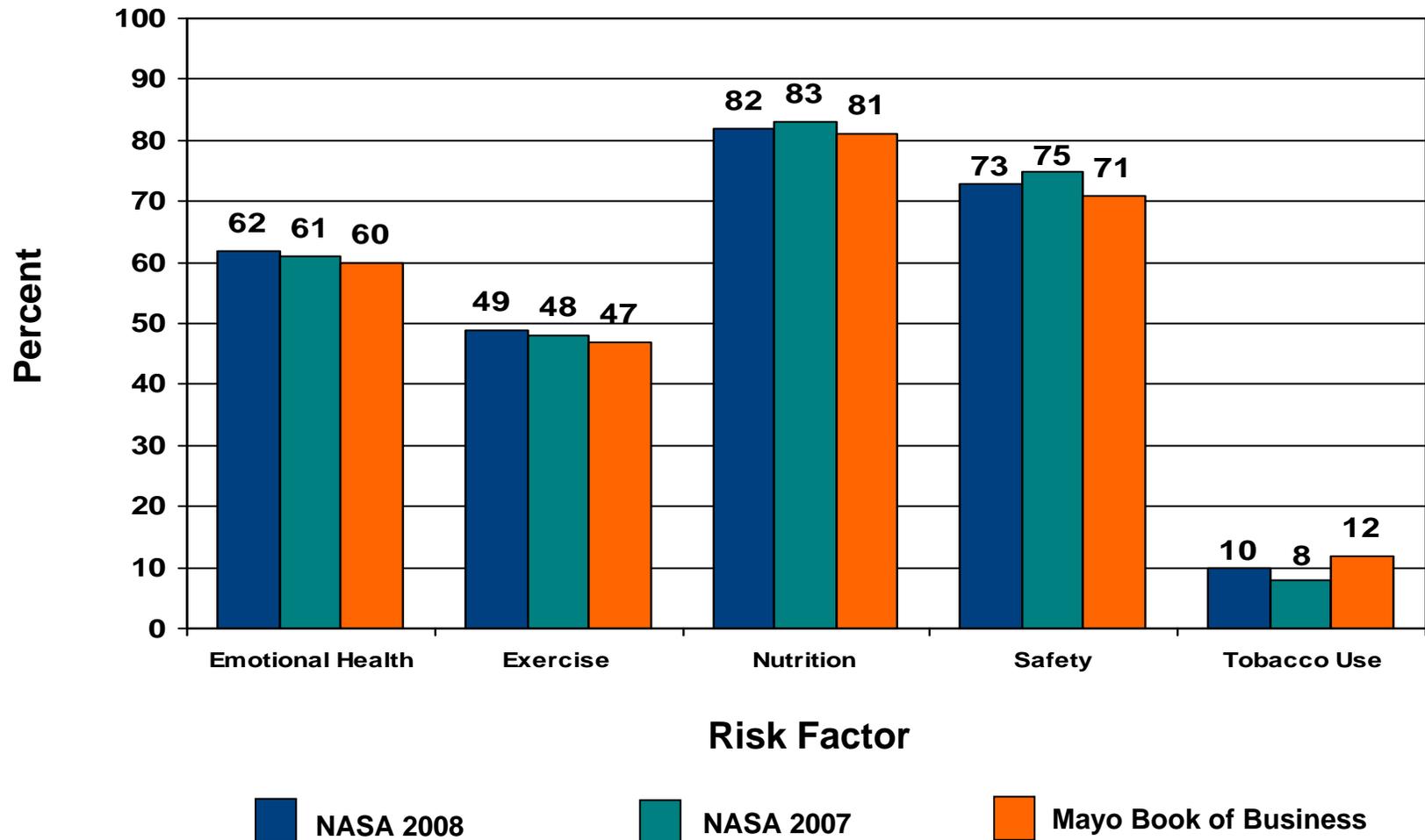
Book-of-Business Comparison

Risk Category	2008 NASA	2007 NASA	2008 Mayo Clinic
Low (0 or 1 risk factor)	4%	3%	6%
Moderate (2-4 risk factors)	48%	50%	51%
High (5-7 risk factors)	45%	43%	40%
Very High (8 or more risk factors)	3%	4%	3%

Medical Risk Factors

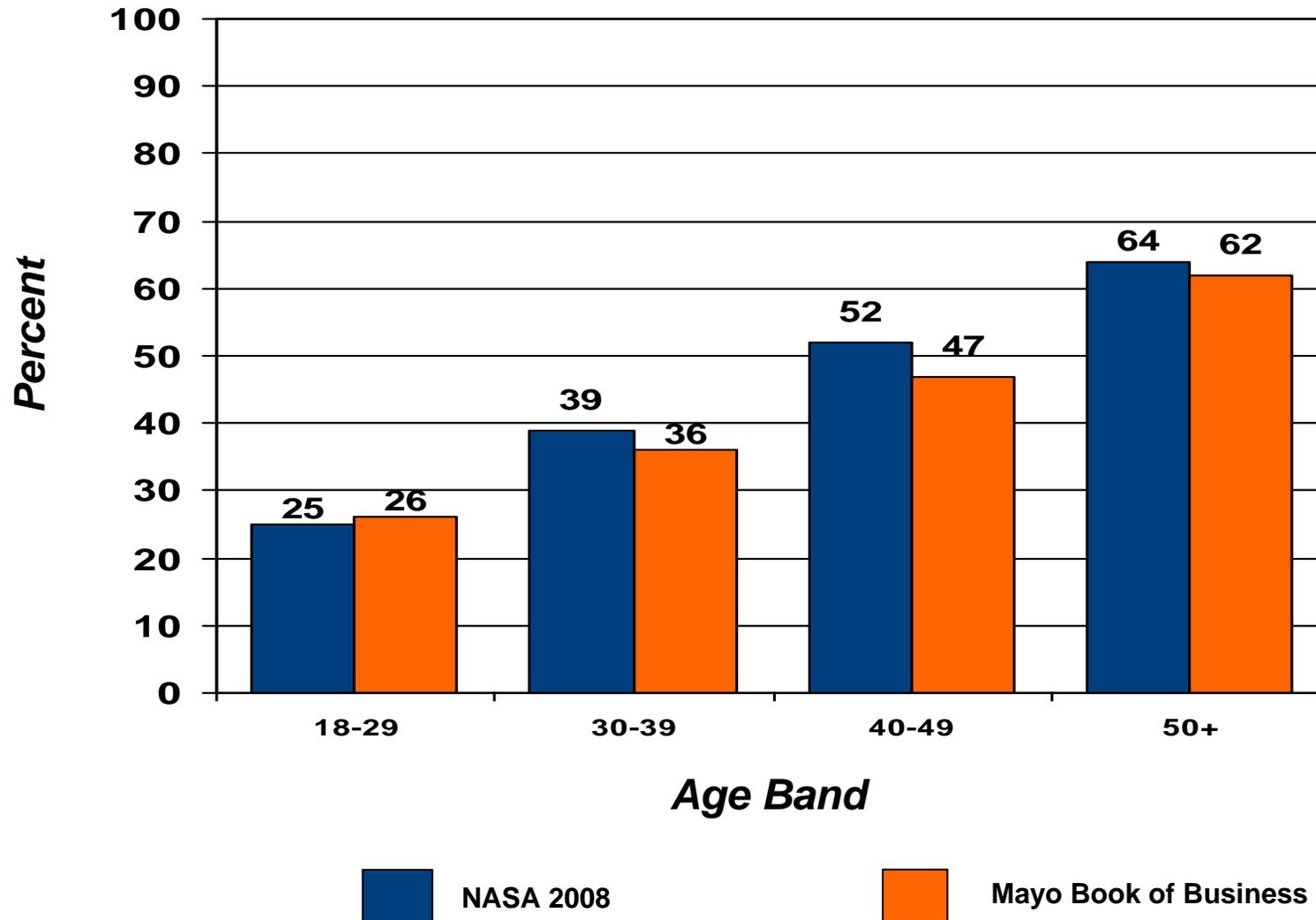


Lifestyle Risk Factors



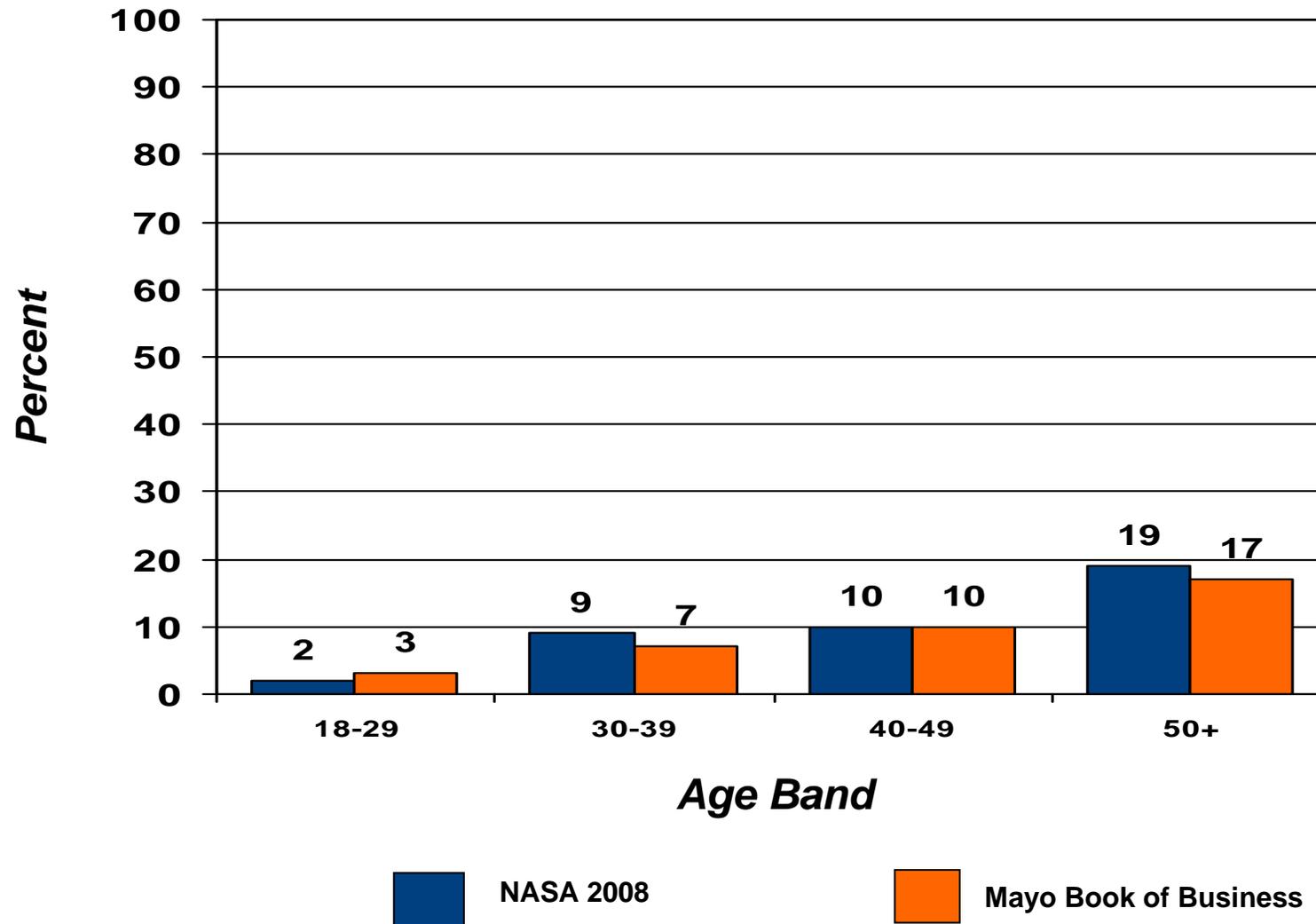
Benchmarking Blood Pressure

By Age Band 2008



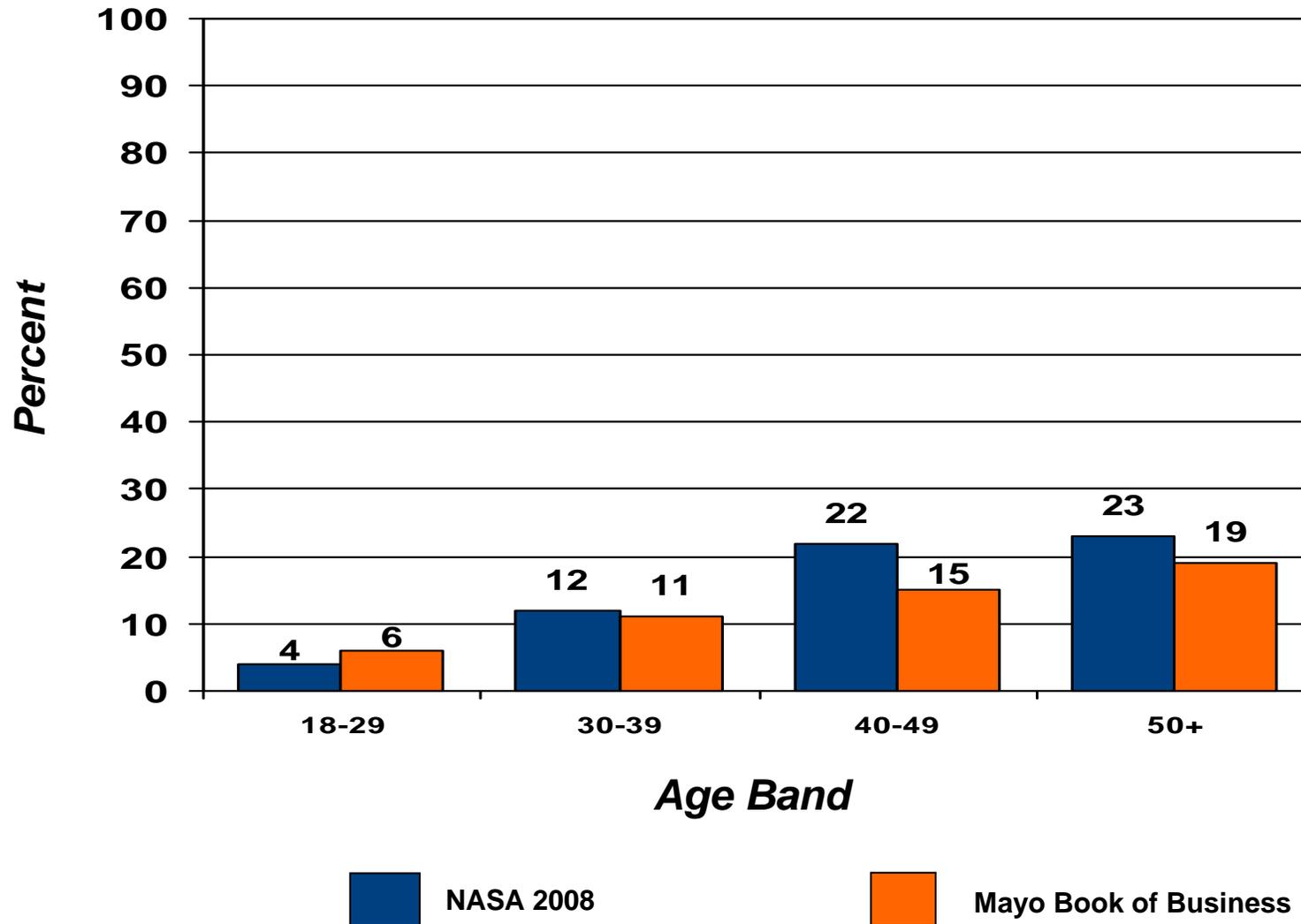
Benchmarking Blood Sugar

By Age Band 2008



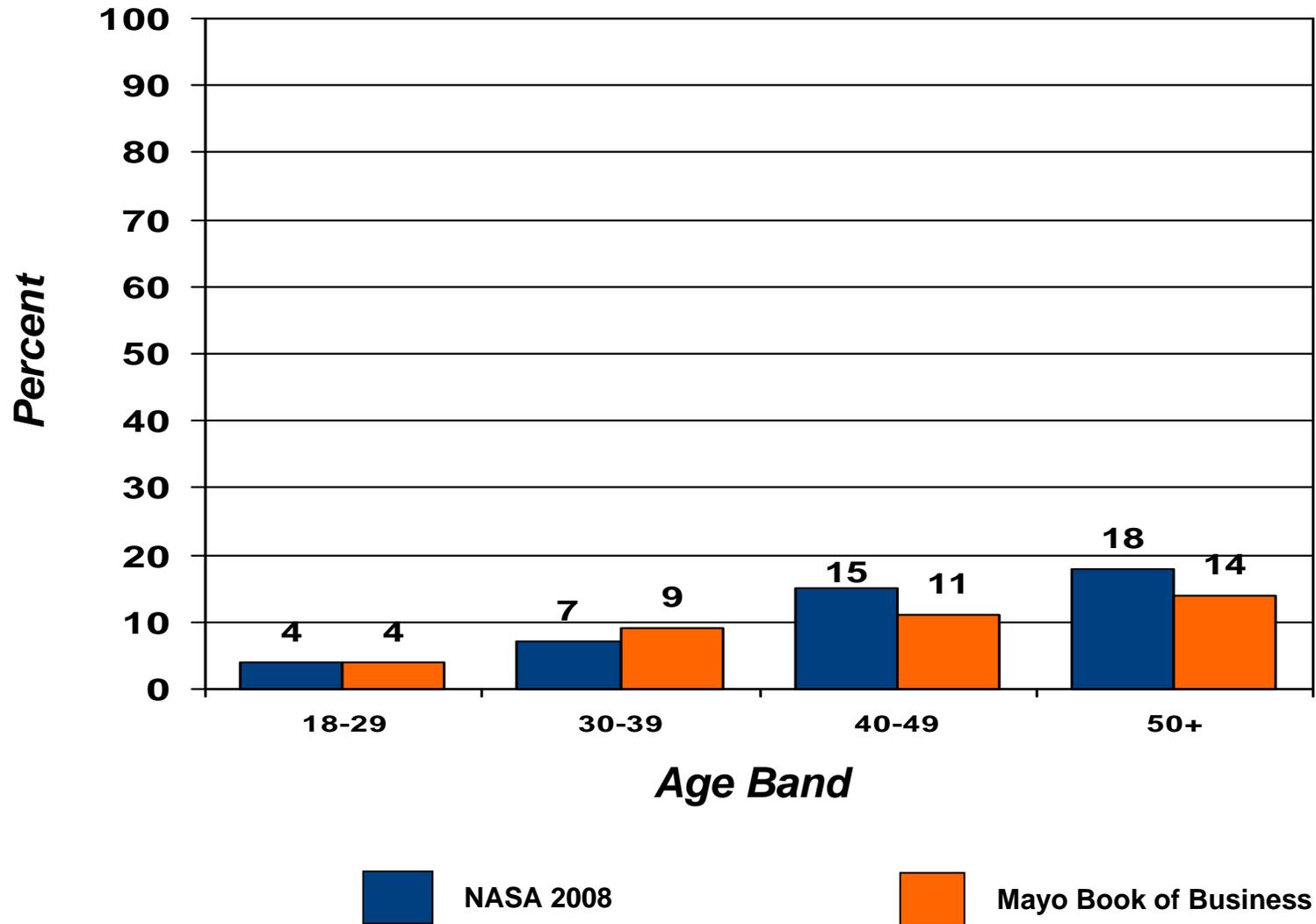
Benchmarking Cholesterol

By Age Band 2008



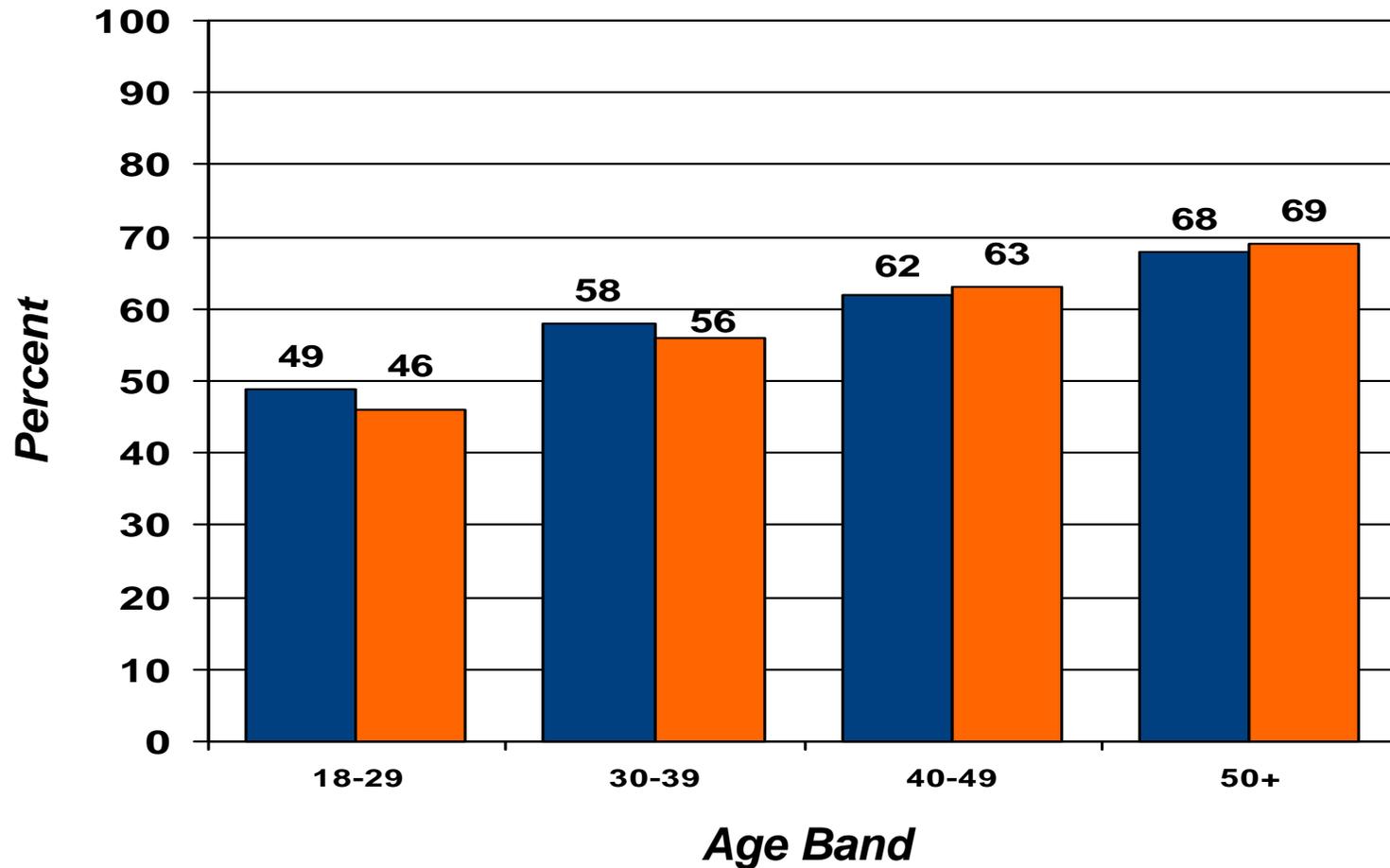
Benchmarking Triglycerides

By Age Band 2008



Benchmarking Weight

By Age Band 2008

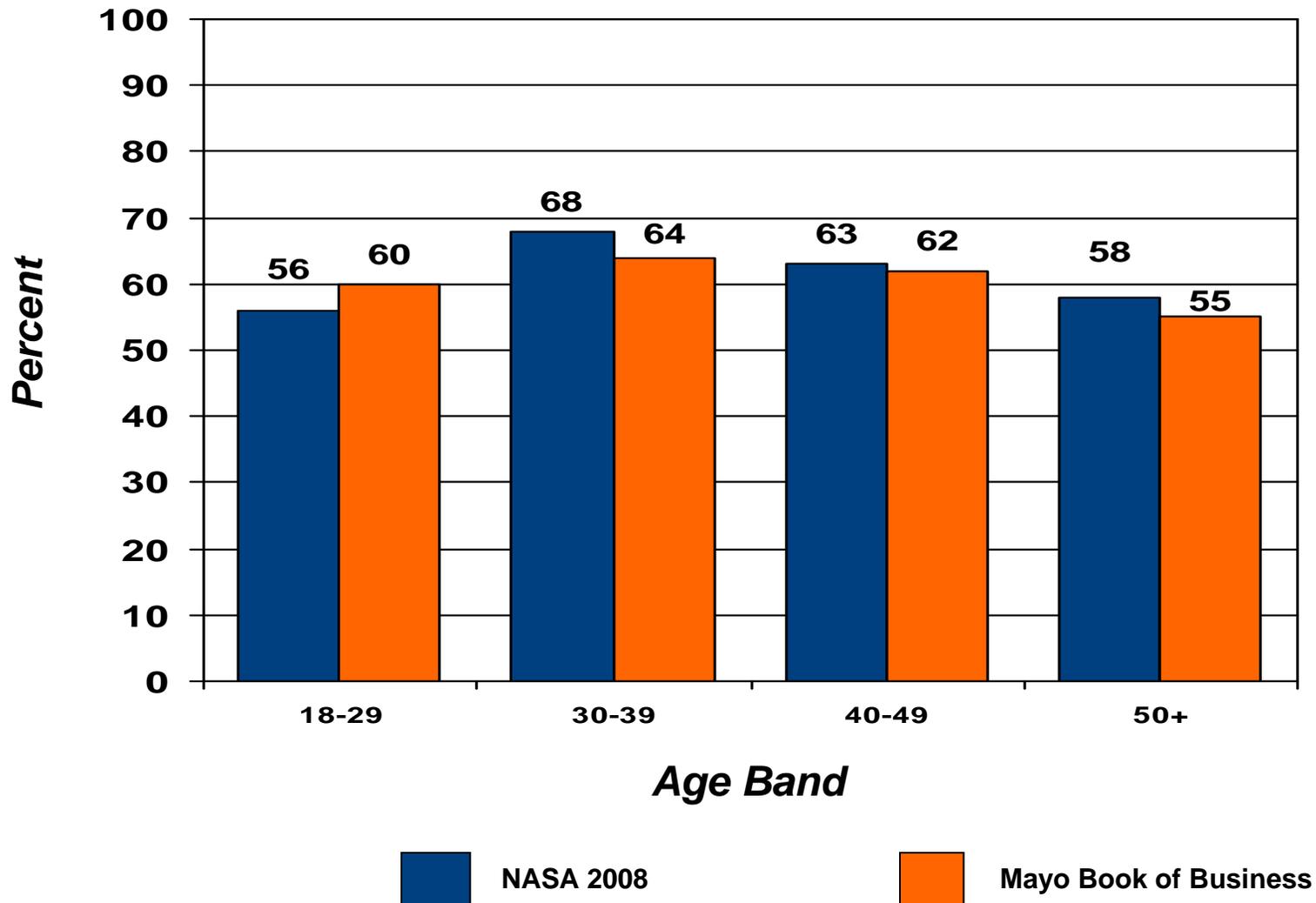


 NASA 2008

 Mayo Book of Business

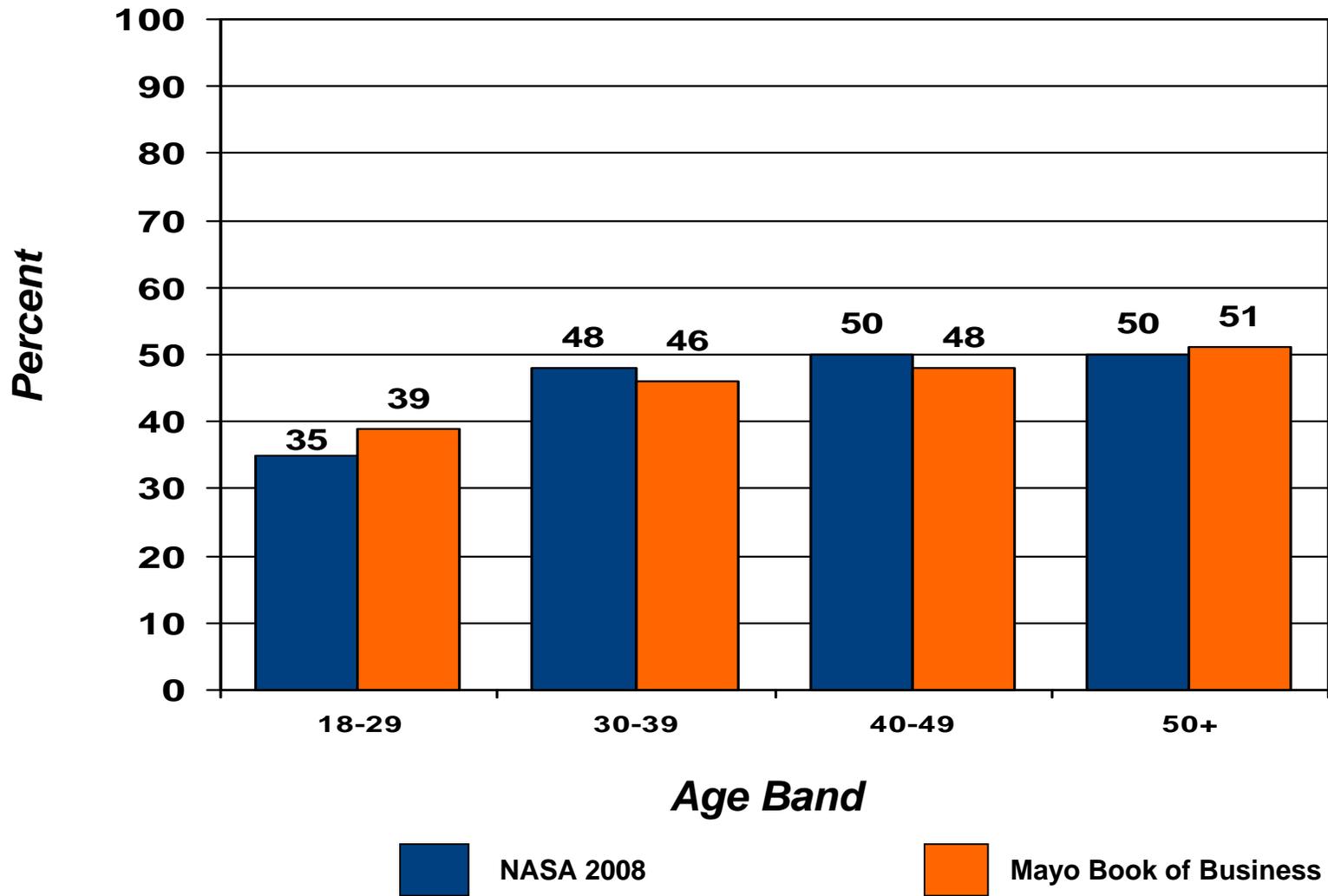
Benchmarking Emotional Health

By Age Band 2008



Benchmarking Exercise

By Age Band 2008





*Work Limitations
Questionnaire Overview*

2007 Data

Project Goals for 2007

Link aggregate Health Assessment data with aggregate presenteeism data* in order to:

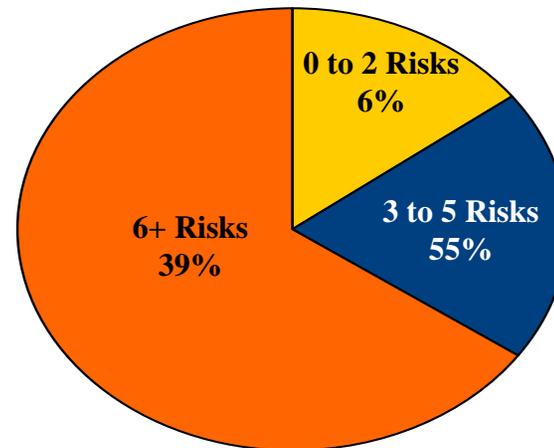
- Support the business case for health promotion
- Identify risk factors showing the most association with productivity

**Measured through the Work Limitations Questionnaire (WLQ).*

Productivity Loss and Cost Impact for NASA Health Assessment Participants

Total Employee Population	1,653
% Productivity Loss	1.8%
Average Productivity \$/EE	\$1,793
Total Productivity Costs	\$3.0M

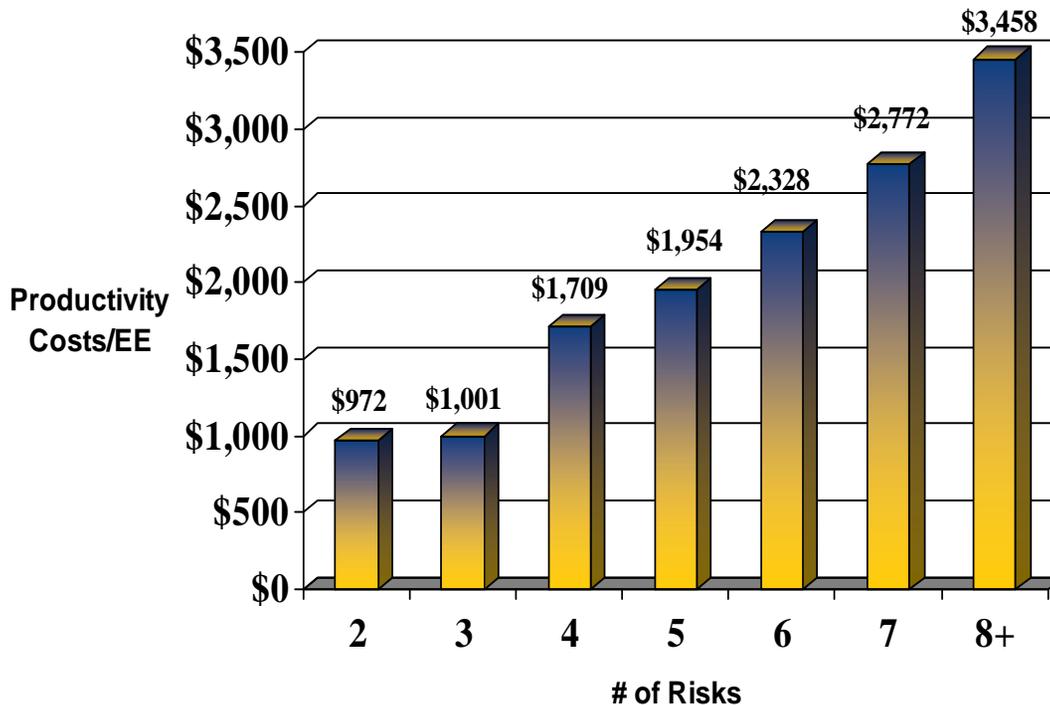
Approximate %'s of Total Productivity Costs Based on Risk Groupings



Finding: The total costs associated with productivity loss for NASA employees who took the Health Assessment, was approximately \$3 million. Ninety-four percent of these costs were associated with individuals who had three or more risks.

Multiple Risk Factors – Productivity Cost Association

The higher the number of risk factors, the greater the health burden and health impairment costs associated with your population.



# of risks	N
2	138
3	284
4	388
5	351
6	238
7	124
8+	69

Note: Zero and one risk categories were not presented here given the small cell size and lack of significant results.

Analyzing Medical Risks

The productivity costs associated with medical risks range from \$474K to \$2.0M across the NASA's Health Assessment participants.

Medical Risks	Prevalence (%)	Average Productivity Loss (%)	Aggregate Annual Loss (\$)
Blood Pressure	52%	1.9%	\$1.6M
Blood Sugar	14%	2.3%	\$474K
Cholesterol	23%	1.8%	\$564K
Triglycerides	17%	2.4%	\$541K
Weight	64%	2.0%	\$2.0M

Analyzing Lifestyle Risks

The productivity costs associated with lifestyle risks range from \$322K to \$2.6M across the NASA's Health Assessment participants.

Lifestyle Risks	Prevalence (%)	Average Productivity Loss (%)	Aggregate Annual Loss (\$)
Alcohol	10%	2.6%	\$426K
Emotional Health	62%	2.4%	\$2.4M
Exercise	48%	2.2%	\$1.7M
Nutrition	83%	1.9%	\$2.6M
Safety	75%	1.9%	\$2.3M
Tobacco	8%	2.5%	\$322K



*Update to NASA
EmbodyHealth
Registration Fields*

Registration Update Process

Personal information (required)

First name

Middle initial

Last name

Date of birth - -
4 digits (1960)

Sex Male Female

I am

Center

NASA years of service

Age

Unique ID

Please enter the Unique Identifier



Enter the text shown above:

New Registration Field will be added after age





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*NASA Report Suite
Overview*

NASA Report Suite Login

1. Internet Address:
extranet.mayoclinichealthsolutions.com
2. Username: *HPWTeam1*
3. Password: *Secure#1*

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Extranet

Login

Username:

Password:



Type the characters that you see in the box above.

Log in

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Extranet

Welcome NASA HWP | [My Profile](#) | [Log Out](#)

My current working client is: NASA (1005) [Change](#)

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Administration

Reporting

- [Report Suite](#)

Home

The Mayo Clinic EmbodyHealth Extranet provides easy access to tools and applications that support your custom portal. All of your applications are listed in the navigation menu on the left-hand side of this page. If you find yourself needing help while using an individual application, just hover over or click on any green text to display help information. If you have further questions, please contact your Mayo Clinic Online Operations Specialist.

- [Report Suite](#) - The EmbodyHealth Report Suite provides access to your company's population health management reports.



NASA Report Suite Login



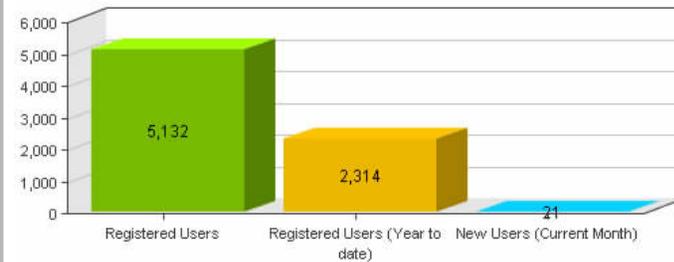
EmbodyHealth Report Suite

NASA Report Suite Home

- Population Engagement Summary** Engagement with Mayo Clinic Health Solutions population health management initiatives.
- Mayo Clinic Health Assessment** Leading indicator report on Health Assessment results and detailed reports including health status, readiness to change, cohort experience and normative comparisons.
- Mayo Clinic Telephonic Reports**
- Strategy Progress Reports**

Population Engagement Summary

Reporting Period: 12/09/2008
Eligible Population: 15,000



Health Assessment Dashboard

Reporting Period: 12/09/2008

2008 HRA Campaign
Reporting Period: 02/18/2008 - 12/15/2008

