



## Good Wellness Strategies Start with the Right Data

The Discover Wellness Health Risk Assessment helps you predict and target oncoming health risks among your population before they become problems. With this proven, unbiased tool you can improve your wellness strategy, better invest your dollars, and have the best benchmark for ongoing measurement.

Developed by the University of Michigan's Health Management Research Center (HMRC) in collaboration with the [Centers for Disease Control and Prevention](#), the Health Risk Assessment measures:

- Physical and mental health
- Health risk and status
- Compliance with preventive services

The University's Health Risk Assessment offers the unique combination of science, objective measurement, and the right data. It is the most scientifically validated health risk assessment in the field and the only one measured and validated against the gold standard of medical claims. In 35 years, the University of Michigan's Health Management Research Center built a reputation as a pioneer in health measurement products and analysis services linking health behavior, status and culture to financial outcomes. Their work helped establish the scientific foundation for the wellness field. The HMRC focused on measuring individual and organizational health, analyzing data and applying insights to help enhance wellness programs. The University's HRA has been completed by more than 12 million individuals representing more than 20,000 organizations. It is the most widely used and researched HRA in the world. The data has been used in hundreds of publications and is scientifically backed.

This HRA's intellectual property is now embedded into CoreHealth's flexible [corporate wellness platform](#) as per the [press release announcement](#) of October 2016. This provides an improved look and feel, the flexibility to easily customize and translate to any language while keeping the science intact. The HRA will be revised with an improved look and feel, be easily customized and translated to any language while keeping the science intact. Together, one of the only truly validated assessments will become that much stronger. CoreHealth will continue to work with industry researchers to ensure the HRA continues to evolve as a result of new scientific data.

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