



A summary of Jump Start participation by employees and covered dependents.

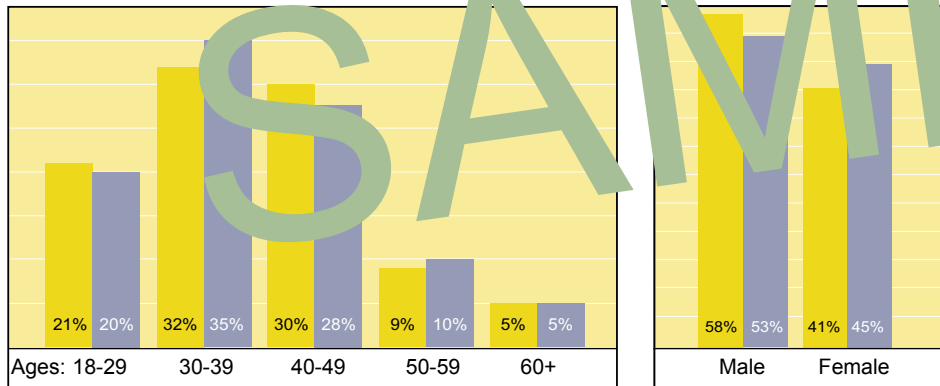
1 Your Workforce Participation

Date range: 2/1/06 – 6/1/06

HealthPartners members and eligible dependents: 200

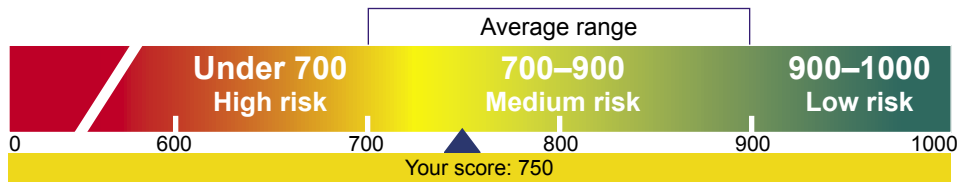
	Number	Percent
Completed the online health assessment	62	31%
Enrolled in the 10,000® Steps fitness program	51	25%
Requested phone contact and counselling	25	12.5%

Demographics of those who completed the health assessment



Key: ■ Completed the health assessment ■ Total HealthPartners members in your organization

2 Your HealthPotentialSM Score



3 Claims Cost Drivers

Low Risk		High Risk		Diagnosed	
Generally healthy individuals		Likely to get diabetes or heart disease over the next 5 years		Already diagnosed with diabetes or heart disease	
Number	Percent	Number	Percent	Number	Percent
31	50%	15	24%	16	26%

4 Your Other Risk Factors

Health Risks	Your Organization		All Employer Groups 2005*
	Number	Percent	Percent
Low physical activity	35	56%*	50%
Overweight or obese	20	32%	30%
Smoke tobacco	12	19%	25%
High blood pressure	11	18%*	20%
High cholesterol	20	32%	30%
Unhealthy stress	28	45%	40%
Depression	5	8%	10%
Low back pain	12	19%	20%

* Most prevalent risk factor

*n=37,323