



integrative Health Risk Assessment (iHRA)

The Novus Health iHRA: Flexible, complete, turnkey

A health risk assessment (HRA) is an essential first step to creating a strategic health management plan. A robust HRA helps you understand health risks within your employee or member populations, enabling better decision making on how to reduce health risks and control costs.



Powered by superior technology and customization

Superior technology and customization options power the many ways Novus Health helps you and your clients. Our iHRA helps you understand and focus on the manageable health risks and behaviours that lead to increased health care and organizational costs. Use it to encourage employees to alter behaviours, first by helping them understand their health risks, then by introducing sponsored health programs suited to their needs. Tailor the iHRA format (branding, colours, messages, incentives, group/sub-group, and custom sections and questions) as well as the health interventions offered to best meet your and your customer's needs.

Configure programs and retain control through our self-serve Control Panel. And integrate data from all other sources (wearable devices, claims data, legacy HRA systems, etc.) to gain a more complete understanding of your population's health risks and enrich your user experience.

Optimize your iHRA investment with these advanced features:

- ✓ An engaging, user-friendly questionnaire that's both multilingual and culturally adaptable and takes less than 30 minutes to complete
- ✓ An administrator's Control Panel for creating any number of custom questionnaires and retrieving customized reports
- ✓ Evidence-based content following leading health organizations' clinical standards and best practices in workplace wellness and health promotion
- ✓ Comprehensive, plain-language reporting tailored to individual and group-level health risk profiles and target populations for gathering and benchmarking data over time
- ✓ End results that integrate your organization's own sponsored health programs to deliver seamless transition to appropriate programming based on individual results

The Novus Health iHRA measures risks related to:

- ✓ Personal Lifestyle
- ✓ Chronic Disease
- ✓ Physical Activity
- ✓ Nutrition
- ✓ Alcohol & Tobacco
- ✓ Sleep Quality
- ✓ Stress Management
- ✓ Workplace Culture

Plus, use the custom section to survey members about anything else you choose.



A healthy dose of insight and behaviour modification

The Novus Health integrative Health Risk Assessment (iHRA) provides greater awareness of employee or member health risks.

It's a uniquely powerful and versatile tool for understanding, tracking, and measuring workforce health, offering deep insight for targeted behaviour modification programs that can translate into long-term economic advantage for the organizations you serve.

The health management investment that pays

The Novus Health iHRA is an evidence-based investment that makes good – and economical – business sense.

How are we different? We zero in on what really matters, namely the controllable health risks and modifiable behaviours that escalate health costs. We enable you to direct health and wellness interventions to individuals who need them, while integrating any existing health interventions – all in a single cost-effective package.

How do we keep our offering so powerful yet so economical? We developed and own the technology that runs it, thus enabling us to build in both high performance and great flexibility through a total solution that's 100% designed to our clients' needs.

Our proprietary technology and infrastructure meet the most stringent of company data protection mandates and privacy policy requirements.

Talk to us right now

Novus Health offers an evidence-based, integrated, and comprehensive selection of wellness and health navigation tools. Our products – the iHRA, health navigation via web and phone, health coaching, and medical consultation services – encourage employee health ownership and reduce health care costs. Let us build something that makes your organization stronger.

Contact us for a demo and quote: info@novushealth.com and 1-866-789-0850.



Novus Health is an information- and technology-enabled health services provider working with insurers, employers, financial service providers, and health & wellness providers. We help organizations empower their members and clients to make informed health decisions. For more information, visit www.novushealth.com.