

# Health Coach Stage of Change Migration Report

For: ACME Company



## High Risk Stage of Change Migration Activity Through Oct 1, 2007

Risk Factor	Stage of Change	Baseline	Current
<b>Alcohol</b>	Precontemplation / Contemplation	95	95
	Preparation / Action / Maintenance	37	37
<b>Blood Pressure</b>	Precontemplation / Contemplation	219	210
	Preparation / Action / Maintenance	366	375
<b>Cardiovascular Exercise</b>	Precontemplation / Contemplation	509	361
	Preparation / Action / Maintenance	635	783
<b>Cholesterol</b>	Precontemplation / Contemplation	180	162
	Preparation / Action / Maintenance	288	306
<b>Drug Use</b>	Precontemplation / Contemplation	25	25
	Preparation / Action / Maintenance	15	15
<b>Nutrition</b>	Precontemplation / Contemplation	490	413
	Preparation / Action / Maintenance	823	900
<b>Preventive Screenings</b>	Precontemplation / Contemplation	604	584
	Preparation / Action / Maintenance	378	398
<b>Strength Training</b>	Precontemplation / Contemplation	691	671
	Preparation / Action / Maintenance	435	455
<b>Stress</b>	Precontemplation / Contemplation	714	654

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Risk Factor	Stage of Change	Baseline	Current
Stress	Preparation / Action / Maintenance	306	366
	Precontemplation / Contemplation	220	195
Tobacco	Preparation / Action / Maintenance	55	81
	Precontemplation / Contemplation	410	357
Weight	Preparation / Action / Maintenance	748	801
	Precontemplation / Contemplation		

Data as of 12/27/2007  
Version Number: 9.5.00

### Parameters:

Organizational Unit	ACME Company
End Date	Oct 1, 2007
Coaching Protocol	High Risk
Totaling	Rollup
Gender	ALL
Age Group	ALL
Employment Status	ALL
Risk Level	ALL
State	ALL
Has Risks	ALL
Has Conditions	ALL
Dependent Status	ALL
Registration Type	ALL
Employment Status	ALL
Readiness to Change Question	ALL
Readiness to Change Answer	ALL

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User's Health Plan	ALL
SBU	ALL
Unit Code	ALL
User Status	ALL
StructureLevel4	ALL
StructureLevel5	ALL

**Notes:**

"Precontemplation/Contemplation" data points refer to the number of current enrollees who are at-risk for the specified risk factor and whose stage of change status is either pre-contemplation or contemplation.

"Preparation/Action/Maintenance" data points refer to the number of current enrollees who are at-risk for the specified risk factor and whose stage of change status is either preparation, action, or maintenance.

"Baseline" data points reflects the number of current enrollees who were at-risk for the specified risk factor and were in the specified stage of change groups per their responses to their qualifying HRA.

"Current" data points reflects updated stage of change values as of the report date using health coach assessments of those same enrollees whose baseline values were collected from their qualifying HRA.

Sample  
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