



WHY USE US?

THE ANSWER IS EASY.

EASY to use
EASY on your budget
EASY on your staff
EASY to get started

- ✓ No specialized equipment needed
- ✓ Over 20 risk assessments... with more coming
- ✓ Comprehensive report generates automatically
- ✓ Identifies risks of comorbidities and chronic conditions/diseases
- ✓ No training or certification needed to start
- ✓ Includes health and lifestyle surveys
- ✓ Can be used as part of a wellness exam
- ✓ HIPAA-Compliant



100% RISK-FREE GUARANTEE

Our PT founders and designers want you to be completely satisfied while using **our** products, and 100% confident submitting your reports.

Our 100% money-back guarantee means that if you're not satisfied with your final report for any reason, we'll refund your money. No catch, no hidden agenda, no problem. It's easy.



833.327.8323

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WE'VE SIMPLIFIED Health Risk Assessment



HRA SOFTWARE THAT'S...

FAST

Average assessment takes only 15 minutes!

COMPREHENSIVE

Analyzes aspects of health, fitness and environment.

EASY

Performed in 3 simple steps! The result is a complete detailed report!

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FAQ

WHAT IS AN HRA (HEALTH RISK ASSESSMENT?)

The test uses a combination of questionnaires, vital signs & anthropometric measurements (weight, height, and circumference) to evaluate an individual's health risks and overall quality of life.

WHY ARE HRAs SO VALUABLE TO THE PATIENT?

The HRA can help identify risks of comorbidities and chronic conditions or diseases such as heart disease, diabetes, cancer, and obesity. The results can prompt an individual to take steps toward an improved health status.

WHY ARE HRAs SO VALUABLE TO THE HEALTHCARE INDUSTRY?

With this quick and simple examination, an HRA can save a workplace and/or insurance carrier money. Chronic illness can be averted, thus preventing the need for more expensive treatment.

WHAT MAKES THE HRA SO BENEFICIAL?

Each anthropometric measurement when taken individually can have inherent inaccuracies, but when combined these tests become a powerful tool for an accurate assessment of an individual's current and future health status.

DO THE RESULTS SUPPORT A NEED FOR MORE EXTENSIVE TESTS?

Yes. When the HRA indicates significant findings, a medical necessity for further, more extensive diagnostic tests exists.

ARE HRAs CURRENTLY USED AND TRUSTED BY PROFESSIONALS?

Yes, they are widely utilized in a variety of health and wellness applications. Our HRA is based entirely on a unique combination of peer-reviewed research from reputable medical journals.

WHO USES HRAs?

- Brokers
- Health Plans
- Wellness Centers
- Weight Loss Centers
- Healthcare Professionals
- Health Clubs/Fitness Centers
- Workplace/Corporate Wellness
- Accountable Care Organizations
- Medical Facilities/Hospitals/Urgent Care

WHAT FACTORS DOES AN HRA ADDRESS?

Nutrition, Fitness, Weight Loss, Metabolic Capabilities, Body Composition, Biometrics, Lifestyle Habits, and Physical & Mental Health



Completing an HRA is Fast, Comprehensive and as Easy as 1-2-3

1 Subject Completes the Questionnaire

FAMILY & FRIENDS	I have someone to talk to about things that are important to me:	<input type="radio"/> Almost never	<input type="radio"/> Seldom	<input type="radio"/> Some of the time
	I give and receive affection:	<input type="radio"/> Almost never	<input type="radio"/> Seldom	<input type="radio"/> Some of the time
ACTIVITY	I am vigorously active for at least 30 minutes per day (e.g. - running, cycling, sports, etc.):	<input type="radio"/> Less than once/week	<input type="radio"/> 1-2 times week	<input type="radio"/> 3 times week
	I am moderately active (e.g. gardening, climbing stairs, walking, housework, etc.):	<input type="radio"/> Less than once/week	<input type="radio"/> 1-2 times week	<input type="radio"/> 3 times week
NUTRITION	I eat a balanced diet:	<input type="radio"/> Almost never	<input type="radio"/> Seldom	<input type="radio"/> Some of the time
	I often eat excess: 1) Sugar, 2) Salt, 3) Animal Fats, 4) Junk Food:	<input type="radio"/> All of these foods	<input type="radio"/> Three of these foods	<input type="radio"/> Two of the foods
	I am within ____ kilograms or pounds of my healthy weight:	<input type="radio"/> Not within 8 kg or 20 pounds	<input type="radio"/> Within 8 kg or 20 pounds	<input type="radio"/> Within 6 kg or 13 pounds
TOBACCO TOXINS	I smoke tobacco:	<input type="radio"/> More than 10 times/week	<input type="radio"/> 1-10 times/week	<input type="radio"/> None in the last 12 months
	I use drugs such as cocaine, or speed:	<input type="radio"/> Sometimes	<input type="radio"/> Fairly often	<input type="radio"/> Occasionally
	I overuse prescribed or over the counter drugs:	<input type="radio"/> Almost daily	<input type="radio"/> Fairly often	<input type="radio"/> Occasionally
	I drink caffeine containing products (drinks, supplements):	<input type="radio"/> More than 10 times/day	<input type="radio"/> 7-10 times/day	<input type="radio"/> 3-6 times/day
	My average alcohol intake per week is ____:	<input type="radio"/> More than 20 drinks	<input type="radio"/> 13-20 drinks	<input type="radio"/> 11-12 drinks

The individual completes a questionnaire regarding their mental health, and physical Health (RAND-36 Health Survey), and their Lifestyle Habits (Fantastic Lifestyle Assessment Questionnaire)

2 Take the Vital Signs

Resting Blood Pressure: 138 / 88 mmHg
 Resting Heart Rate: 62 bpm
 Resting Respirations: 14 bpm
 Resting Pulse Ox Meter: 96 %

Perform the following assessments:

- Heart Rate (Pulse)
- Blood Pressure
- Pulse Oximetry
- Respirations

3 Make Physical Measurements

Height: 74 in (6'2")
 Weight: 200 lbs
 Waist Circumference: 6 in
 Neck Circumference: 16 in
 Hip Circumference: 37 in

Take the following physical measurements:

- Height/Weight
- Waist Circumference
- Hip Circumference (Optional)
- Neck Circumference
- Wrist Circumference

That's it! Generate Your Report

VISCERAL ADIPOSE TISSUE (VAT)
 Your Score: 46.0 IN³
 Normal Range: 0 - 61
 Your Classification: AVERAGE
 Risk Factors: LOW TO MODER

YOUR VAT
 0.0 to 30.6: IDEAL | HEALTHY
 30.6 to 61.0: AVERAGE | LOW
 61.0 to 91.6: AT RISK | HIGH
 91.6+: AT RISK | VERY HIGH

The detailed report provides:

- Perceived Mental Health, Physical Health and Lifestyle Habits
- Body Composition Analysis
- Metabolic & Vital Sign Analysis
- Anthropometric Calculation Assessment
- Identifies Possible Risk Factors