

WellSuite® IV Readiness to Change

Actionable data
for better outcomes

What Is Readiness to Change?



Let's face it. You can offer all sorts of interventions, but if your population isn't interested, the

success rate will be very low. That's where readiness to change comes in.

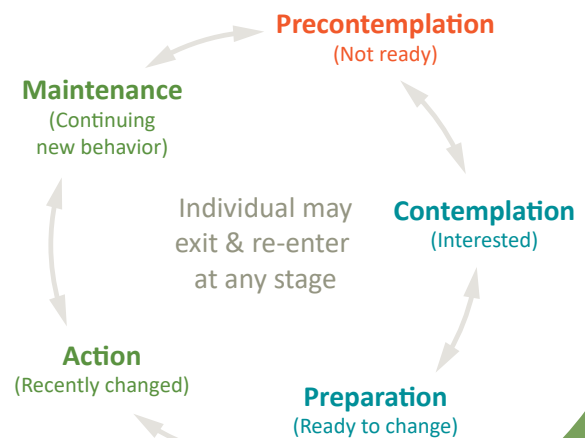
Behavior change takes individual effort. And it won't happen until a person recognizes the need to change and is willing to put effort into making it happen.

WellSuite® IV Health Risk Assessments (HRAs) use the Transtheoretical Model (TTM) created by research psychologists Drs. James O. Prochaska and Carlo C. DiClemente to identify where someone is in the decision-making process. This behavior change model recognizes that people often have difficulty moving through the cycle.

“Our lifestyle coaches use the readiness to change data we capture through the WellSuite® IV HRA to understand where our members are on the spectrum of readiness to change. By using this feature, we can help move them through the stages through motivational interviewing. We've seen more positive outcomes in our coaching programs.”

Elaine Murphy, BS, RN, CHC
Director of Health Strategy

The Change Journey



WellSuite® IV Readiness to Change

Change Readiness in the WellSuite® IV HRA

The WellSuite® IV HRA assesses which stage of the change journey an individual is in for habits linked to increased health risk, prompting the user with change readiness questions where appropriate. Below is an example with Body Mass Index (BMI).

When BMI is in the unhealthy range:

Do you want to get to a healthy weight?

Not interested

Yes, but not right now

Yes, I'm ready

When BMI is in the healthy range:

You have a healthy body weight. Congratulations! How long has this been the case?

Recent change

Longer than 6 months

Administrative Reporting

Readiness to change data empowers wellness professionals to make educated decisions about where their resources will be best spent. Our reports help you zero in on the areas of wellness that you can control, so that your time and money have the greatest impact.

For example, in the WellSuite® IV Admin Report section to the right, nutrition is overwhelmingly the area that people are ready to change. The health and wellness manager of this population may choose to include an incentive in the wellness program for eating healthy and tracking it every day vs. spending funds on an area with less user engagement.

COMPANY OVERVIEW

Most Ready to Change

Nutrition ▼

Ready to Change 30%

Recently Changed 12%

Maintenance 18%

Interested 13%

Not Interested 5%

Exercise ▼

Ready to Change 6%

Recently Changed 15%

Maintenance 56%

Interested 3%

Not Interested 1%

Tobacco ▲

Weight ▲



For more information on Readiness to Change, [download our free white paper.](#)

Wellsource has been creating innovative, evidence-based Health Risk Assessments since 1979.

Visit wellsource.com for more information.

Connect with us and request a demo by email: well@wellsource.com

