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NetCare Launches New Health Risk Assessment & Wellness Tool

Hagatna, (GU) – October 1, 2008 – Taking action to better serve its members and their health, NetCare Life and Health Insurance Company in partnership with Trale, Inc. and the American Institute of Preventive Medicine have launched an on-line interactive Health Risk Assessment (HRA) and Wellness tool effective October 1, 2008.

This comprehensive HRA covers a variety of general health risks including: nutrition; tobacco use; vehicle safety; physical activity; alcohol use; stress and depression; current health status; family health history; women and men’s health; biometric measures and regionally adapted topics. The HRA also includes questions on stages of readiness to change for multiple behaviors. This helps to identify those members most willing to change their lifestyles, and allows risk management and disease prevention programs to be targeted towards these members.

The HRA also includes links to a variety of online health libraries, resources and tools such as a general health library of the most common illnesses, a body fat estimator tool, a body mass index (BMI) calculator and a cost of smoking calculator. Once the online HRA assessment is completed, a Personal Wellness Report is generated within seconds which can be read online or printed out.

The Personal Wellness Report outlines a members’ overall wellness score, along with a summary assessment of risk factors in several categories and a personal goal diary. The report showcases a member’s healthy habits and the areas of highest risk. The report also contains information and suggestions on how to strengthen those health behaviors an work to change and improve the unhealthy ones.

“As a health plan partner, we strive to provide our members with all the tools needed to live the healthiest and happiest life possible,” emphasized Jerry Crisostomo, NetCare’s Plan Administrator. “We believe this new HRA and wellness tools will help our members begin to take charge of their lives.”

The HRA can be viewed by logging into www.netcarelifeandhealth.com.