

HEALTHBAROMETER

HEALTH AND LIFESTYLE MAPPING

Have healthy
and happy
colleagues!

Create health promoting measures at the workplace and have healthy and motivated colleagues! The Health Barometer quickly gives a good overview of the situation at work.





In order to implement good and effective health promoting measures, relevant information is required about the actual workplace. The Health Barometer gives a basic mapping of the entire workplace and every employee. The Health Barometer gives a good overview of the circumstances that affect the workplace in both a positive and negative direction.

This is how the Health Barometer works

THROUGH THE APPLICATION OF RELEVANT RESEARCH. Through the application of relevant research and a user friendly online tool, it has never been easier to implement health and lifestyle mapping! The employees simply register themselves on Tappa.se where they receive access to the Health Barometer. With help of the analysis tool "Direct feedback" they then receive access to the results immediately.

SURVEY. Tappa has developed a dynamic survey that enables the employees to answer easily and quickly.

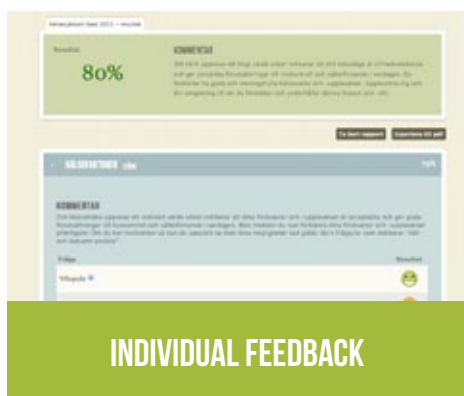
The survey:

- Based on relevant research
- User friendly
- Easy to use

INDIVIDUAL FEEDBACK. Each employee receives direct feedback after completing the Health Barometer. This occurs through the program "Direct Feedback". Each employee then receives an individual response about his or her health and life situation. The feedback gives a good and clear overview of which areas that are important to improve, but also within which areas good results are seen.

The feedback contains:

- Individual report (can be exported to PDF)
- Clear feedback on current lifestyle
- Opportunity to compare results from earlier mappings
- "Direct Feedback" function





FEEDBACK FOR THE COMPANY. With the help of “Direct feedback” the company can follow the development of the Health Barometer after it is answered. The company can take out its own reports and make different comparisons with the help of an analysis tool.

The analysis tool contains:

- Overview and status of all mappings performed
- Opportunity to set up your own report (can be exported to PDF)
- Opportunity to compare results over time
- Interactive radar diagram
- Group comparisons with analysis parameters
- “Direct feedback” function

IN-DEPTH ANALYSIS. At large workplaces the needs can be different and it can be necessary with an in-depth analysis. Tappa has the opportunity to offer an extra comprehensive analysis with many variables and comparisons. From the analysis the workplace receives concrete action proposals for health promoting measures. The analysis is performed by Professor Bengt Fridlund who has over 30 years of experience within the area.

HOLISTIC VS TRADITIONAL. Traditional mappings often have a tendency to focus on too many risk factors or too few healthy factors. The Health Barometer differs from most of the other traditional self-reported health profiles because it takes a holistic approach around the individual and his/her role in the organisation. The mapping is based on a holistic approach to health and lifestyle and is anchored in current research in the area.

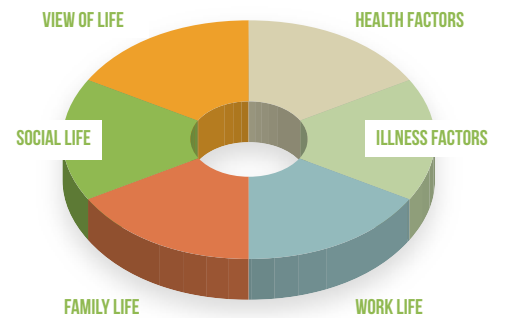
The mapping contains a unique distribution of questions within the following areas:

- Health factors
- Illness factors
- Work life
- Family life
- Social life
- View of life

DIRECT FEEDBACK:
 Direct feedback is an interface that allows the respondents and workplaces to receive answers immediately after the completed survey.



WHAT IS IT THAT CREATES WHOLENESS?



HEALTH FACTORS	Health factors that can be affected, such as motion, sleep, diet, etc.
ILLNESS FACTORS	Disease condition and negative health habits/bad habits
WORK LIFE	Factors and relationships at the workplace
FAMILY LIFE	Factors and relationships within the family
SOCIAL LIFE	Social factors and relationships
VIEW OF LIFE	Personal perception and experience of life

HEALTH AND LIFE PERSPECTIVE is not anything static and unchanging but something that is in constant development in each person. The Health Barometer takes consideration to this and gives an excellent opportunity to see the whole and different trends at the workplace. With relevant information it is easier to put in place measures in order to increase well-being and motivation as well as decrease absenteeism due to illness at the workplace.

BENGT FRIDLUND HAS IN CO-OPERATION WITH TAPPA developed the Health Barometer. Bengt Fridlund is a professor in health sciences and has over 30 years of experience within health promoting and preventive work. As a researcher and advisor in both national and international health and medical care, he places a focus on:

How the environment affects - both as health factors and risk factors - the health of the individual.

WHY MAP HEALTH AND LIFE SITUATION? Lifestyle diseases are an extensive problem in society. More and more people suffer from diseases

such as *being overweight, obesity, cardiovascular diseases and diabetes*. These diseases depend to a large degree on inactivity and bad dietary habits in the population. Additionally, we live in a "speeded up" society, where stress can often be related to burnout and absenteeism due to illness. This creates new challenges for the workplace concerning health promoting measures.

In order to be a pioneer in creating healthy and productive workplaces, it is important to understand the entirety of the modern person's View of life.

TAPPA – HEALTHY AND HAPPY COLLEAGUES Tappa has, since its start in 2005, activated over 600,000 people in different healthcare activities. Common for the activities is that they lead to increased well-being and activity on the job. We have a great amount of experience in implementing health promoting measures for both large and small companies. That is why we can guarantee a high number of participants and a successful Health Barometer for your company.

Contact Tappa and we will tell you how we can customize the Health Barometer for your workplace.



BENGT FRIDLUND

- Professor in Health Sciences
- 30 years of experience in health promoting work, preventive work in health and the building of good health.
- Developed the Health Barometer survey in co-operation with Tappa.

