

HealthLink Wellness
An Exercise In
Prevention



"Taking Control"

**HealthLink Wellness Model
Science For The Individual**

Introducing:

Wellness-Comorbidity Matrix HealthLink Risk Profile



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HealthLink Wellness Model

Science for the individual

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There is a revolution taking place in personal health and wellness. This book is the culmination of 20 years of a community-based wellness program "HealthLink Wellness". The HealthLink Wellness program was originally funded to promote the health of our nation's seniors. With the purchase of the Kindle or paperback book, tools based on of our outcome health methods will be made available. Also included are other resources that will be helpful in establishing a personal wellness program.

The CDC originally funded HealthLink Wellness as a program committed to a measurable reduction to the risk of chronic disease. Our strategy was to develop partnerships that engage the individual through social networking in conjunction with their primary care physician. Its analytical outcome measures are just as valid for middle aged and younger adults. A broader age distribution further enhances the advancement of prevention and early detection, a standard for maintaining population wellness

*This publication created in house by the New England Association of Labor Retirees
Affiliated with the Rhode Island Alliance for Retired Americans*

HealthLink Wellness – A Great Success

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OUR GOAL IS TO INSPIRE INDIVIDUALS TO TAKE CHARGE OF THEIR HEALTH USING SCIENCE AS THEIR GUIDE. With the purchase of this book, we will make available health outcome measure tools based on scientific analysis by Boston University and The Centers for Disease Control and Prevention.

I. Revolution in Personal Control of Health Based on Proven Science

There is a revolution taking place in personal health and wellness. This book is the culmination of 20 years of a community-based wellness programs. With the purchase of the Kindle or paperback book, tools based on our outcome health methods will be made available. Also included are other resources that will be helpful in establishing a personal wellness program.

II. Strategy to Develop Partnerships

Engage the individual through social networking in conjunction with their primary care physician. The HealthLink Wellness program was originally funded to promote the health of our nation's seniors.

III. Essential was the use of Scientifically Derived Health Outcome Measures

These measures are a means of monitoring both at the individual and total group health status and to provide valuable feedback and more importantly how to improve.

IV. Some of Our Results with Retiree Health

- Reduce the number of individuals with hypertension from 61% to 37%
- Increase the number of individuals with normal blood glucose from 51% to 71%
- Increase the number of individuals with normal Total Cholesterol from 48% to 70%

V. Unique Outcome Measure Developed by HealthLink Wellness Scientists and Medical Specialists

• Health Link Risk Profile Index

Ten-year probability estimates of coronary heart disease. This measure was originally developed by the Framingham Heart Study gave us much of the now common knowledge concerning heart disease. The Framingham study 10year probability estimate of coronary heart disease has the endorsement of both the American College of Cardiology and American Heart Association, and has been readily accepted by our physician partners. This innovation developed by our experts will greatly enhance the individual's ability in taking control of their health. Though the Framingham Heart Study probability estimate is the gold standard, we developed modifications that will make it more understandable for the lay public.

• Wellness-Comorbidity Matrix.

It is designed to show the individual how the dynamics of wellness and comorbidity interact to make it easier for individuals to monitor their health. This dynamic is not immutable, but must be confronted head-on if progress is to be made.

In addition to the science of wellness, this book also covers how HealthLink Wellness successfully determined the feasibility of coordinating our community efforts with those of primary care physicians, creating an environment where the patient, community, and medical office work as a team.