

## HealthWizard Version 5.5.2

October 26, 2016

### **Major New Feature: Updated Wellness Profile**

In 2015 (HealthWizard version 5.4.8) the questions and score calculation for the Exercise behavior category in Wellness Profile was updated. In this HealthWizard update all the remaining behavior categories have been updated. The Nutrition, Safety, and Stress behavior categories have new questions and score calculations. These categories plus the Tobacco category and the Additional Comments at the end of the client report all have new client report comments. The comments have been formatted such that each behavior category is presented on one page of the Client Wellness Profile Report, which improves the appearance of the report.

### **Important for customers currently using Wellness Profile.**

Because the score calculations for the Nutrition, Safety, and Stress behavior categories have been changed, they cannot be meaningfully compared to the scores calculated in previous HealthWizard versions. The Exercise score in this new update is the same as the one used in HealthWizard versions 5.4.8, 5.5.0, and 5.5.1 but will be different from the Exercise scores calculated in all earlier versions. Before updating to HealthWizard 5.5.2, read the *MicroFit Wellness Profile Update* section below.

### **Wellness Profile**

- Update: Nutrition Category: updated questions, score calculation, and report comments.  
The questions and report comments are based on information from the U.S. Department of Health and Human Services, Dietary Guidelines for Americans – 2015-2020 and National Institute of Health, National Institute on Alcohol Abuse and Alcoholism.
- Update: Safety Category: updated questions, score calculation, and report comments.  
The questions and report comments are based on information from the National Safety Council and the National Fire Protection Association.
- Update: Tobacco Category: updated report comments.  
The questions and report comments are based on information from the American Cancer Society, Centers for Disease Control and Prevention – Smoking and Tobacco Use, American Heart Association, and the 2006 U.S. Surgeon General Report on Secondhand Smoke

- Update: Stress Category: updated questions, score calculation, and report comments.  
The questions and report comments are based on information from the National Institute of Mental Health, HealthFinder.gov - Stress Management, NIH U.S. National Library of Medicine MedlinePlus - Stress, and Mayo Clinic Online - Stress Management.
- Update: Additional Comments: updated report comments.  
The updated additional comments found at the end of the client report are based on information from The New England Journal of Medicine - Improving Value in Health Care, Sutter Health - Disease Prevention and Health Guidelines, HealthFinder.gov - Get Tested for Colorectal Cancer – Take Care of Your Teeth and Gums, U. S. Preventative Services Task Force - Breast Cancer Screening - Cervical Cancer Screening - Osteoporosis Screening – Prostate Cancer Screening - Sexually Transmitted Infections, American Cancer Society, and the American Diabetes Association.
- Bug Fix: User-defined question file – cannot import if file name is changed.  
When a Wellness Profile user-defined question is exported to file and after export the file name is changed (still has the .wpq extension), the user-defined question could not be imported.
- Bug Fix: User-defined additional comment file – cannot import if file name is changed.  
When a Wellness Profile user-defined additional comment is exported to file and after export the file name is changed (still has the .wpc extension), the user-defined additional comment could not be imported.

## **Fitness Profile**

- Bug Fix: Client Aerobic Fitness Test Graph – wrong client age in report.  
When the aerobic fitness test graph (graph showing detail data used to calculate the VO2max) was printed for a particular test session that was more than one year old, the client's age at the top of the report was the client's current age instead of the client's age at the time the test session.
- Bug Fix: User-defined fitness test file – cannot import if file name is changed.  
When a Fitness Profile user-defined fitness test is exported to file and after export the file name is changed (still has the .mft extension), the user-defined fitness test could not be imported.
- Bug Fix: Configure Test Devices – error when start while doing a Fitness Profile.  
When running a Fitness Profile, if you click the small exit button on a fitness test form, the software displays a new form that shows all the tests in the Fitness Profile. There is also a *Configure* button on this form to run Configure Test Devices. There is an error when you clicked this *Configure* button.

## **Health History**

Bug Fix: User-defined question file – cannot import if file name is changed.  
When a Health History user-defined question is exported to file and after export the file name is changed (still has the .lhq extension), the user-defined question could not be imported.

## **Other**

Update: Create new database procedure updated.  
The *Locate Database* button has been renamed to *Connect to Database*. You cannot create a new database using the *Connect to Database* feature as you used to with the *Locate Database* feature.

Update: Database not found procedure updated.  
The form displayed when the database cannot be found now shows the date and location of all previous databases either connected to or created.

Update: Database menu update.  
The *Locate* menu option has been removed from the Database menu and replaced with three new options: *Connect*, *Connection History*, and *Create*. The *Connection History* option shows the date and path of all previous databases either connected to or created.

# MicroFit Wellness Profile Update – Version 5.5.2

The Wellness Profile Assessment is a series of questions about individual lifestyle behaviors that have a positive or negative effect on future health. These questions focus on behaviors related to exercise, nutrition, safety, tobacco, and stress. Based on the answers to these questions, the Wellness Profile calculates a component score for each of the behavior categories as well as an overall wellness score.

## **What Has Changed?**

The nutrition, safety, and stress behavior questions and score calculation have been updated. The report comments for these behavior categories as well as the tobacco category and the additional comments have also been updated. The score calculation for the tobacco behavior category has not changed. The score for the exercise behavior category is the same as that in HealthWizard versions 5.4.8, 5.5.0, and 5.5.1 but is different from all previous versions.

For detail information on HealthWizard 5.5.2 changes, contact MicroFit technical support at 559-475-7007 or support@microfit.com.

## **Is My Historical Client Data Automatically Deleted or Updated?**

When you update to HealthWizard 5.5.2, historical client Wellness Profile data WILL NOT be deleted and the data WILL NOT be automatically converted to the new format.

## **How Will This Update Affect My Wellness Profile Assessments?**

After updating to HealthWizard 5.5.2 all new Wellness Profile assessments will have the new questions, scoring, and report comments. If you view or print a Client Wellness Profile Report that was created before HealthWizard 5.5.2, the scores will be calculated using the previous method and the report will look exactly like it used to. There is no change to historical Wellness Profile reports.

A problem occurs when comparing a client's Wellness Profile created with HealthWizard 5.5.2 to one created by an older version. Because the new nutrition, safety, and stress score calculations are completely different from the previous calculations you cannot meaningfully compare these scores. This same problem applies to Wellness Profile group reports that combine new HealthWizard 5.5.2 client scores with client scores from older HealthWizard versions.

## **Recommendations**

If you are currently collecting Wellness Profile data for a group report, DO NOT install the HealthWizard 5.5.2 update until your group testing session is complete.

Write down the date you install HealthWizard 5.5.2 and keep it near the MicroFit system. By knowing this date you can determine whether or not the client's scores on a Wellness Profile Report are from the new update version or an older version.

When printing group reports, when possible, select testing dates either before or after the update software install date so the report does not include both old and new Wellness Profile scores.