MICRO FIT

WELLNESS ASSESSMENT SOFTWARE & TESTING EQUIPMENT

HealthWizard Version 5.4.8

July 1, 2015

Major New Features

1. Exercise behavior area in the Wellness Profile is updated with new questions, calculated score, and client report information. Update based on U.S. Government Physical Activity Guidelines.

2. Reduced text font size in many reports to improve report appearance.

Important for customers using Wellness Profile.
The exercise score is now calculated using different questions and cannot be meaningfully compared to the exercise score calculated in previous HealthWizard versions. Before installing the HealthWizard 5.4.8 update, we suggest you read the "Wellness Profile Exercise Score Update" section found below.

Wellness Profile

Update: Exercise Score: updated questions and score calculation.
            Questions regarding exercise behavior and the exercise score calculation have been updated. The source of updated information comes from the U.S. Department of Health and Human Services, Physical Activity Guidelines.

Update: Removed questions.
            The first question about believing current lifestyle affects health and the three questions about body weight were removed from the Wellness Profile questionnaire. These questions we not used in any score calculation and not referenced in the report.

Update: Wellness Profile Client Report: change font size to 10 pt.
            The font used in the report text area was reduced to 10 pt. It gives the report a more professional look.

Bug Fix: Group Summary Report: wrong classification when score = 33 or 66.
            For the Exercise, Safety, and Total Wellness scores, when the score was 33 it was classified as "Needs Improvement" when it should have been classified as "Fair". For the Total Wellness score, when the score was 66 it was classified as "Fair" when it should have been classified as Excellent.

Bug Fix: Error caused by aborting assessment before answering all questions.
If a Wellness Profile assessment was aborted without answering all the questions, the answers that were entered remained in the database but were not linked to a test session. When printing other Wellness Profile Reports for the same client, these extra answers sometimes created an error.

Bug Fix: Deleting Wellness Profile assessment deletes a Fitness Profile assessment.
If a client completed just a Wellness Profile assessment and a Fitness Profile assessment on the same day (same session) then, on a future day, the administrator deletes this Wellness Profile assessment using Edit > Client > Wellness Profile Answers, the entire session was deleted including the Fitness Profile assessment.

Bug Fix: Selected area of interest not displayed on client report.
The area of interest displayed on the client report was the behavior area with the lowest score. It should have been the area of interest selected by the client in the questionnaire.

Fitness Profile

New Feature: Edit client Fitness Profile scores: print Body Composition Report.
If you want to print a client's previous Fitness Profile Report from the Edit > Client > Fitness Profile Test Scores feature and the body fat test and weight test are included in the test format, you can now select to include the Body Composition Report.

Update: Fitness Profile Client Report: change font size to 10 pt.
The font used in the report text area was reduced to 10 pt. It gives the report a more professional look.

Update: Fitness Profile Body Composition Report: change font size to 10 pt.
The font used in the report text area was reduced to 10 pt. It gives the report a more professional look.

Bug Fix: Quick Test: 1 Minute Recovery HR checkbox showing for Body Fat test.
When the Body Fat test was included in a Fitness Profile Quick Test and the Body Fat test is selected, the "Include 1 Minute Recovery HR" checkbox is displayed. This checkbox should only be displayed when the Aerobic Fitness test is selected.

Bug Fix: Edit FP Format: 1 Minute Recovery HR checkbox showing for Body Fat.
When the Body Fat test was included in a Fitness Profile Format and the Body Fat test is selected, the "Include 1 Minute Recovery HR" checkbox is displayed. This checkbox should only be displayed when the Aerobic Fitness test is selected.

Bug Fix: Body Composition Report not showing in the QuickTest Report.
             If a QuickTest included the Body Fat test, the first time the report was displayed
             the Body Composition Report is included. However, if the QuickTest Report was
             displayed, emailed, or printed to file a second time (right after the first display),
             the Body Composition Report was not included.

Health History

Update: Health History Client Report: change font size to 10 pt.
             The font used in the report text area was reduced to 10 pt. It gives the report a
             more professional look.

Bug Fix: Error caused by aborting assessment before answering all questions.
             If a Health History assessment was aborted without answering all the questions,
             the answers that were entered remained in the database but were not linked to a
             test session. When printing other Health History Reports for the same client, these
             extra answers sometimes created an error.

Bug Fix: Deleting Health History assessment deletes a Fitness Profile assessment.
             If a client completed just a Health History assessment and a Fitness Profile
             assessment on the same day (same session) then, on a future day, the
             administrator deletes this Health History assessment using Edit > Client > Health
             History Answers, the entire session was deleted including the Fitness Profile
             assessment.

Wellness Profile Exercise Score Update

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 exercise behavior questions and score calculation have been updated. They are now based on the recommendations from the U.S. Government's Physical Activity Guidelines (2008) which were later published in the American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (2014). MicroFit has created new exercise questions and score calculation based on our interpretation of these recommendations (see Technical Information).

Is My Historical Exercise Data Automatically Updated?
The update software WILL NOT automatically convert old exercise behavior scores. It is possible to convert an old exercise score using the Edit > Client > Wellness Profile Answers option. However you must enter client exercise behavior data that was occurring at the time of the assessment you are converting.

How Will This Update Affect My Wellness Profile Assessments?
New Wellness Profile assessments will have up to date exercise behavior scores, information, comments and recommendations. The overall wellness score will also be more relevant.

If you view/print a Client Report that was created before the software update, the report will look exactly the same as before. There is no change to old Wellness Profile reports.
A problem does occur when you are comparing Wellness Profile Reports over time. Because the new exercise score calculation is completely different from the previous calculation you cannot compare a client's new exercise score to an old score in any meaningful way.

Recommendations
If you are currently collecting Wellness Profile data for a group report, do not install the update software until your group testing session is complete.
Write down the date you installed the update software and keep it near the MicroFit system. By knowing this date you can determine if a client's exercise score is from the old or new calculation and you can use this information in your client counselling sessions.

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 exercise score data.

Technical Information

The exercise score calculation in HealthWizard v 5.4.8 is completely different than the score calculation in previous versions. Both versions have a maximum score of 100. With the old calculation the amount of aerobic activity accounted for 33% of the score. The remaining 67%

was determined by warm-up/cool-down, stretching, general strength training, and abdominal strength training. With the new calculation, 85% of the score is determined by the amount of aerobic activity with 5% for frequency of aerobic activity and 10% for strength training.

Resource
U.S. Department of Health and Human Services Physical Activity Guidelines for American Adults (2008).   http://www.health.gov/paguidelines/

Recommendations
For substantial health benefits, adults should do at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferable, it should be spread throughout the week.

For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes a week of moderate intensity, or 150 minutes a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity aerobic activity. Additional health benefits are gained by engaging in physical activity beyond this amount.

Adults should also do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

Exercise Score Calculation
Aerobic Minutes = (Minutes Moderate Aerobic) + ((Minutes Vigorous Aerobic) x 2)
Aerobic Points = 33 if Aerobic Minutes = 77   (start of Fair category)
Aerobic Points = 66 if Aerobic Minutes = 150   (start of Excellent category)
Aerobic Points = 85 if Aerobic Minutes = 600 or more
Aerobic Frequency Points = 0 if do aerobic activity less than 3 days/week
Aerobic Frequency Points = 5 if do aerobic activity 3 or more days/week
Strength Training Points = 0 if do strength training less than 1 day/week
Strength Training Points = 3 if do strength training 1 day/week
Strength Training Points = 5 if train SOME muscle groups 2 or more days/week
Strength Training Points = 10 if train ALL muscle groups 2 or more days/week

Exercise Score = Aerobic Points + Frequency Points + Strength Training Points

Questions

EX1   Aerobic Activity Frequency
Considering your time both at work and outside of work, how many days a week do you get 10 or more minutes of continuous aerobic activity like brisk walking (3-4 mph), sweeping floors, mowing a lawn, digging dirt, running, swimming, or bicycling?
(1) 1 day a week   (2) 2 days a week   (3) 3 days a week
(4) 4 days a week   (5) 5 or more days a week   (6) None
If you answered 'None' to question EX1, then go to question EX10

EX2   On Job Vigorous Aerobic Frequency
While doing your job, how many days a week do you work continuously for at least 10 minutes at a time doing vigorous aerobic activities like lifting and carrying heavy items, shoveling sand, or digging ditches by hand?
(1) 1 day a week   (2) 2 days a week   (3) 3 days a week
(4) 4 days a week   (5) 5 days a week   (6) None
If you answered 'None' to question EX2, then go to question EX4

EX3   On Job Vigorous Aerobic Duration
On average, how many total minutes a day are you doing these job-related, vigorous aerobic activities? Only count the time you are continuously active for 10 or more minutes per activity session.
(1) 10 minutes a day   (2) 20 minutes a day   (3) 30 minutes a day
(4) 45 minutes a day   (5) 60 minutes a day   (6) 75 or more minutes a day

EX4   On Job Moderate Aerobic Frequency
Again, while doing your job, how many days a week do you work continuously for at least 10 minutes at a time doing moderate-intensity aerobic activities like brisk walking (3-4 mph), mowing lawns, vacuuming floors, or carpentry work?
(1) 1 day a week   (2) 2 days a week   (3) 3 days a week
(4) 4 days a week   (5) 5 days a week   (6) None
If you answered 'None' to question EX4, then go to question EX6

EX5   On Job Moderate Aerobic Duration
On average, how many total minutes a day are you doing these job-related, moderate aerobic activities? Remember, only count the time you are continuously active for 10 or more minutes per activity session.
(1) 10 minutes a day   (2) 20 minutes a day   (3) 30 minutes a day
(4) 45 minutes a day   (5) 60 minutes a day   (6) 75 or more minutes a day

EX6   Off Job Vigorous Aerobic Frequency
Now think about your activities outside of work. How many days a week do you engage in at least 10 minutes of vigorous aerobic activities like running or fast bicycling where you are continuously moving and breathing deeper and faster than normal?
(1) 1 day a week   (2) 2 days a week   (3) 3 days a week
(4) 4 days a week   (5) 5 or more days a week   (6) None
If you answered 'None' to question EX6, then go to question EX8

EX7   Off Job Vigorous Aerobic Duration
On average, how many total minutes a day are you doing these outside-of-work, vigorous aerobic activities? Only count the time you are continuously active for 10 or more minutes per activity session.
(1) 10 minutes a day   (2) 20 minutes a day   (3) 30 minutes a day
(4) 45 minutes a day   (5) 60 minutes a day   (6) 75 or more minutes a day

EX8   Off Job Moderate Aerobic Frequency
Again, looking only at your activities outside of work, how many days a week do you engage in at least 10 minutes of continuous, moderate-intensity aerobic activities like brisk walking (3-4 mph), vacuuming floors, or playing golf without a cart?
(1) 1 day a week   (2) 2 days a week   (3) 3 days a week
(4) 4 days a week   (5) 5 or more days a week   (6) None

If you answered 'None' to question EX8, then go to question EX10

EX9   Off Job Moderate Aerobic Duration
On average, how many total minutes a day are you doing these outside-of-work, moderate aerobic activities? Remember, only count the time you are continuously active for 10 or more minutes per activity session.
(1) 10 minutes a day   (2) 20 minutes a day   (3) 30 minutes a day
(4) 45 minutes a day   (5) 60 minutes a day   (6) 75 or more minutes a day

EX10   Does Muscle-Enhancing Activities
Considering your time both at work and outside of work, are you regularly doing activities that maintain or increase the strength of the muscles in your arms, shoulders, chest, back, abdomen, and legs?
(1) No   (2) Yes, some of these muscle groups   (3) Yes, all of these muscle groups

If you answered 'No' to question EX10, then go to NU1

EX11   Muscle-Enhancing Frequency
How many days a week are you doing these muscle-enhancing activities?
(1) Less than 1 day a week   (2) 1 day a week   (3) 2 or more days a week