

What if you had a convenient way for you and your family – even if they live across the country – to detect potential health and safety issues before they become serious and hard to manage? **You do.**

The WellCheck6™ system is designed to easily assess health and safety in six common but often overlooked areas for adults in all stages of life.

### D I D Y O U K N O W ?



#### HOME SAFETY

One in three older adults fall each year – and more than 20,000 adults die from falls at home, most over 65 (Centers for Disease Control and Prevention). In some cases, creating a safer home environment is all that's needed to preserve independence and security at home.



#### DIABETES

More than 29 million Americans are living with diabetes – and 86 million are living with prediabetes, a serious condition that increases a person's risk of Type 2 Diabetes and other chronic conditions. (Centers for Disease Control and Prevention)



#### FUNCTIONAL

Measurement of the activities of daily living (such as bathing, dressing or eating) is critical as a predictor of living arrangements and long-term care services a person will need.



#### DEPRESSION

Depression reportedly affects one in 10 Americans – however, 80% of people affected by it do not receive any treatment, often leading to more severe health problems and chronic conditions. (Healthline)



#### COGNITIVE

Cognitive impairment (measurable changes in thinking abilities) can be a precursor to Alzheimer's or other dementias and can be caused by aging, illness, emotional stress, depression, medications or other factors. (Alzheimer Association)



#### ANXIETY DISORDER

Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults age 18 and older, interfering with many people's everyday lives. (Anxiety and Depression Association of America)

# What Do WellCheck6 Assessments Do?



## HOME SAFETY ASSESSMENT

Identify home safety issues to help prevent falls, accidents and other injuries and create a “user-friendly” environment.



## FUNCTIONAL ASSESSMENT

Measure the ability to perform Activities of Daily Living (eating, bathing, getting dressed, etc.) and Instrumental Activities of Daily Living (housework, paying bills, taking medications, etc.) with or without assistance.



## COGNITIVE ASSESSMENT

Evaluate short- and long-term memory, attention span, ability to reason and use good judgment and time and place awareness.



## DIABETES ASSESSMENT

The answers to just seven questions help indicate if there is a risk of developing Type 2 Diabetes.



## DEPRESSION ASSESSMENT

Help identify the signs, symptoms and risk factors for depression and get important guidelines or follow-up when needed.



## ANXIETY DISORDER ASSESSMENT

Help pinpoint recurring fear or anxiety that may be interfering with everyday life and well being.



## KNOWLEDGE IS POWER

# What is WellCheck6™?

The WellCheck6™ system is a set of six health, wellness and safety assessments. The system was designed as a convenient way for individuals and families to detect potential problems early to help in planning care and resources. It should be used in combination with the many preventive resources found in the Care Support Network system (e.g., Care-Alert®, Medication Advisor, Advance Directives, etc.).

WellCheck6™ does not provide medical diagnostics or advice. The assessments are to be used as basic indicators of potential problems to discuss with your family, doctor and other health professionals.



## BE PREPARED AT ANY AGE

# Who is it for?

The assessments were designed for adults – from working age through retirement. They provide valuable information to detect potential health issues for adults of all ages, especially for Mom and Dad.

## EASE, FLEXIBILITY, PEACE OF MIND

# How does it work?

WellCheck6™ assessments feature easy-to-understand questions and require NO medical history. The questionnaires can be self-administered, given in person, over the phone, or even mailed or emailed. You may take any or all of the assessments – it's your choice.

Completed assessments are entered by the member into the system. A scored report is then automatically prepared for each separate assessment based on the answers to the questions. Most importantly, the report contains follow-up recommendations that can be sent by email to family members, caretakers and health professionals.

## A PROACTIVE TOOL

# How should it be used?

Early detection of potential problems is key to care and treatment planning and knowing when to seek help. Generally, the assessments should be taken twice a year to detect any changes over time – and it's important to follow up on any recommendations with health and medical professionals.



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