



Predicting Future Wellness Key to Improving Employee Health, Increasing Cost-Saving, says Allostatix

New health informatics firm helps employers anticipate future cost in the workplace

Cincinnati, OH (PRWEB) July 31, 2008 -- A strategic commitment to a healthy workforce provides employers the benefit of happier, more productive employees. A new, predictive assessment tool can help employers create a healthy workplace and control spiraling [health benefit costs], according to a new white paper by Allostatix, LLC.

Employers are increasingly interested in predictive models and assessments to understand potential health problems among their workforce and offer proactive help. Traditional [health risk assessments], however, do not provide a comprehensive picture of total health.

Predicting Future Wellness: Improving Employee Health and Cost Savings], a new white paper and accompanying podcast available for download at www.allostatix.com/predictingwellness, advocates for tests that do not rely on self-reported information or even previous medical events. Such approaches do not provide a picture of "whole body health", a much more accurate predictor of current and future wellness.

"Employees with normal test levels and no history of medical events are often assumed to be healthy and 'low-risk'," said Gordon Horwitz, Allostatix founder and chief executive officer. "Surprisingly, that is not always accurate. Such testing does not anticipate which employees might be on a negative health trajectory – a function of the body constantly reacting to a barrage of daily stresses."

While daily stresses affect everyone, Horwitz explained, in certain employees they haven't built up to affect total body health. As levels begin to be detrimental to employee health—the "yellow" group—existing health risk assessments or conventional predictive tools begin to break down. Such individuals often are categorized as "healthy" and "low risk" as they don't display symptoms of illness. Yet their symptoms of accumulated stress will begin to manifest within the near future, typically within 3-5 years.

Allostatix, a Cincinnati-based startup in the health and wellness market, has introduced a new approach to assessing employee health based on 25 years of longitudinal medical research. The Allostatix Load Test™ identifies individuals who fall into the yellow category early enough to do something about it.

More information is available on stress, allostatic load and the Allostatix Load Test in "Predicting Future Wellness: Improving Employee Health and Cost Savings," a white paper and accompanying podcast available for download at www.allostatix.com/predictingwellness.

About Allostatix, LLC.:

Allostatix, LLC is the creator of the Allostatix Load Test™, a scientific tool that measures the cumulative impact of daily life stresses on an individual's whole body health. The company's predictive measurement is conducted through a blood and biometric analysis and is based on 25 years of longitudinal medical research. Allostatix's Scientific Advisory Board consists of industry-leading research MDs and PhDs from UCLA, Rockefeller University, the University of Pittsburgh and the University of Cincinnati. More information is available at <http://www.allostatix.com> or via e-mail at getanswers@allostatix.com.