



# HAPPY WHOLE HUMAN INSTITUTE OF HOLISTIC WELLNESS

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## Executive Summary

The HAPPY WHOLE HUMAN® (HWH) Self-Assessment is a scientifically validated health-risk assessment specifically developed over seven years to assess 28 key dimensions of a balanced life in both individuals and populations and track changes of those dimensions over time both individually and in aggregate.

### University of Texas

In a study performed at the University of Texas, students who took the HAPPY WHOLE HUMAN® Self-Assessment, received their personalized results, and attended weekly workshops, reported the following when they repeated the assessment after nine weeks:

- a 34% improvement in Emotional Wellness
- a 23% improvement in Overall Life Satisfaction
- an 18% improvement in Well-being and Overall Health, and
- marked improvement across all but one dimension

### Whole Foods Market

The HAPPY WHOLE HUMAN® Self-Assessment program was also utilized by Whole Foods Market giving employees individual feedback on areas of strength and opportunities for improvement while also providing leadership with the ability to track the overall health, well-being, and effectiveness of its employees. It also allowed the company to assess the effectiveness of its employee wellness initiatives quantitatively.

### Individual Participants

We have found this program to be incredibly effective for individual clients as well. Here is a review given by a person who went through the program.

*"I came to Dr. Leit because I was having trouble in my job, career, and with my manager. ... [After taking the self-assessment], she walked me through some techniques to disrupt the patterns I had created in my life. I have only two regrets. a) That I did not come to her sooner, and b) that I don't really have a good reason to see her again."*

### About the Assessment

Happy Whole Human has partnered with Brillium, an enterprise-grade assessment solutions provider based in Florida, to deliver the health-risk assessment at scale with the capability of deploying and reporting on millions of assessments per month while also providing individualized growth-oriented feedback for every single one.

The assessment is fully EEOC and HIPAA compliant and has been scientifically validated by the Validation Institute. It is quantitative and allows for rich aggregate data reporting. Armed with the appropriate data, your organization would be able to engage in targeted interventions for at-risk individuals and groups long before things get to a crisis point. Leadership can also track custom Key Performance Indicators, measure specific program effectiveness, reallocate resources more efficiently, and empower front line workers.

### Next Steps

I look forward to the opportunity to fully present the HWH Self-Assessment to you and show you how your organization can use it to improve individual and organizational wellness. Together, we can help participants to enjoy a balanced life, quality relationships, and a positive outlook on their future!

For additional information, please call my office at (855) 494-5483 or email me at [lisa@happywholehuman.com](mailto:lisa@happywholehuman.com).