

# TRALE Explorer (Online) & TRALE Backpack (Paper)

TRALE, Inc.



Recommended

## Description

TRALE provides the first step tools (TRALE Backpack and TRALE Explorer) necessary to start health promotion and disease management programs. The TRALE Backpack is a portable stand-alone health risk assessment tool designed to offer fully integrated health risk assessments, individual wellness reports, and full aggregate/executive reports. TRALE Explorer is an online self-scored health risk appraisal with immediate feedback via a private and secure Web link.

## Tool Construction

13 sections. 42 questions with multiple choice answers. The answer are on a weighted point scale and the dynamic results are characterized as "ideal", "borderline", or "at risk".

## Contact Information

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External Implementation



Cost



Organizational Culture



Lifestyle Practice



Completion Time 5-10 min.



Online Access



Paper Access



Language



Employee Completion



Current Practices Survey



Health Risk Appraisal



Organizational Culture Survey



Needs Assessment



Proprietary



Evaluation

# History

**Current Status:** active

**Developed:** 2002

**Adapted From/Built On:** None.

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## Users

### Intended Sectors/Sizes of Workplaces

Not size or sector specific.

### Intended Users

All employees are encouraged to complete the survey.

### Known Users

Amerigroup Inc., Ceridian, Daimler Chrysler, O'Neal Steel, City of Portland, State of Florida Department of Health, Wellness Institute of America, World Hope Organization.

# Practicality Elements

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## A. Process

### Who is Involved

#### 1. Implemented by

The tool is implemented by the workplace, with the help and support of TRALE.

#### 2. Workplace staff involvement

The Wellness manager, occupational health, marketing, or human resources implements the tool.

#### 3. Workplace leader involvement

CEO and managers are involved in the promotion of the tool. They might send out mass emails which are signed by them, add promotional stuffers to pay checks, or put up promotional posters.

#### 4. Collaborative Aspects

There is collaboration with WellCall, a health management company. After reports have been provided to the workplace, WellCall provides personal coaching to respondents.

### Time Involved

#### 1. Time to complete tool

Approximately 10 minutes.

#### 2. Time from distribution to presentation of results

The software allows for each step of the implementation process to happen immediately. 2 weeks are given as the time for employees to complete the assessment. The Backpack (paper-pencil) can be implemented upon delivery and it provides immediate results/reports.

#### 3. Recommended implementation cycle

Recommended implementation cycle is bi-annually (twice every year). Each license for both TRALE Explorer and TRALE Backpack expire after one year.

### Analysis Involved

#### 1. Analysis completed by

In-house: Yes

External: Yes

Either the workplace analyzes the data or TRALE's Intervention Partner, WellCall ([www.wellcall.com](http://www.wellcall.com)). WellCall is a provider of personalized health management services. Often the workplace doesn't purchase the Backpack themselves, but hires an outside party who has it and can implement it. With an outside party, confidentiality is better maintained while providing individual reports. If the online Explorer is used, then TRALE's Intervention Partner, WellCall, creates the outcome of analysis.

## 2. Process to Analyze

Electronic: Yes

Manual: No

If the workplace uses the online TRALE Explorer, then TRALE's Intervention Partner, WellCall, processes the data using TRALE's custom query analyzer (software). This software comes with the Explorer license. If the workplace uses the TRALE Backpack, then they process the data using the scanner and software that comes included with the Backpack.

## 3. Time to Analyze

No information available.

## 4. Outcome of Analysis

There are several kinds of reports that comprise the outcome of analysis: individual respondent report (online & paper); executive summary report (online & paper); aggregate report (online & paper); and branded reports (available online). When workplaces are using the Backpack, they create the reports using TRALE's software. After a respondent's initial assessment, follow-up assessments receive progressive reports which detail changes from the prior report.

## B. Economics

**Total Cost:** For current pricing or a quote, please contact [Dano@trale.com](mailto:Dano@trale.com).

**Cost per unit/respondent:** No information available.

### Workplace Resources Used

Time given to complete the survey.

## C. Other Considerations

### Supports for Implementation (materials and training)

TRALE Backpack comes with an owner's manual and a demo link to software. As well, 1-888-94-TRALE Technical support and training staff are available.

**Customization**

The tool can be slightly modified to reflect the nuances of the workplace.

**Skills required to implement, and to analyze and report**

The phone training by TRALE provides the workplace with the required skills to operate Backpack software.

**Languages:**

English, Spanish.

**Tested for Cultural Appropriateness:** Yes

**Tested for literacy level:** No

**D. Access****Packaged, ready-to-use:**

Yes.

**How to access**

Contact TRALE, Inc. (See contact information above).

**Restrictions or conditions of access or use**

The tool is copyrighted. Licenses only last for one year and then must be repurchased.

# Effectiveness Elements

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## Evaluation

### Validity?:

Yes. Face validity: Established through review and integration of information in health care and health promotion industry literature, utilizing experts in the field, focus groups and a sample of potential users. The HRA is determined to sufficiently measure and report a broad spectrum of relevant health-related information.

Construct Validity: Health-related information assessed and reported in the HRA is determined to be reflective of norms, health status, and scores (which shifts according to age, gender and health-affecting behaviors), as confirmed through research and analysis of health industry literature.

Content Validity: The HRA is designed to adequately assess and report individual and population data regarding self-reported medical history, family history, preventive care status, health habits and life experiences, and general information (demographics), as confirmed through research and analysis of health industry literature.

Criterion Validity: TRALE, Inc., is currently (2005) engaged in several projects to establish criterion validity, including: Research and assessing various risk algorithms and health concepts; Correlating, and assessing the significance of, data reported on the HRA with independently measured biometric data; Developing Standards for HRA scores (e.g. a given score in one risk category is equivalent to the same score in another category).

### Reliability?:

Yes. A matched analysis of biometric and self-reported HRA data (including aerobic, exercise, blood pressure, body mass index, cholesterol, diabetes, family history, height, smoking status, and weight) was performed.

## Formative Testing

### Pilot testing:

Yes. TRALE, Inc. assessed adults and seniors for ability to understand and interpret HRA questions, and completion time.

### Consultations:

Yes. There was an expert review completed by academic, managed care, research, hospital, and marketing professionals. They assessed content and applicability to the

practice setting and critiqued report types for relevance as clinical and educational tools in the clinical setting.

**Focus Groups:** TRALE, Inc. assessed groups consisting of a representative mix of age, gender, and ethnicity for ability to understand and interpret HRA questions, and completion time. TRALE also assessed whether the HRA would provide a fair overview of health/medical ba

## **Process Evaluation**

HRA questions, scoring, and risk algorithms (regarding normative standards, clinical, health-related behavior and epidemiology HRA areas) are continually updated using standard operating procedures, including routine monitoring of the HRA industry and review by an advisory board, an academic collaborative panel, and healthcare, academic, and marketing consultants.

# Plausibility Elements

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## Theoretical Underpinnings

James Prochaska's Stages of Change Theory.

## **Selected Review Panel Comments**

### **Strengths**

This tool seems very well thought out and researched. It seems to be a good tool to assess health risks in individuals.

### **Limitations**

The reports can be very general and can be manipulated with less than honest answers.

### **General Comments**

No comments provided.