









Why Assess?

-  1 in 8 women will develop breast cancer in her lifetime.
-  1 in 14 men and 1 in 17 women will develop lung cancer in their lifetime.
-  Some men and women are at a higher than average risk for these cancers.
-  Assessing personal risk identifies people who need additional screening and preventative care.
-  In cancer, preventative medicine and early detection decreases risk, improves prognosis, and decreases the overall cost of care.



Other PRES Services

-  Management of chronic disease states including medication adherence, symptom burden assessment, and management strategies.
-  Collection of patient reported outcomes with the ability to align with clinical data.
-  Additional risk assessments and tailored connections available.



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**Wellness Program Modules for
Cancer Risk Assessment
and Management**

Empowering People

Total body wellness takes more than diet, exercise, and making healthy lifestyle choices. It also requires understanding personal health. Unexpected illness is a costly component of health care, but people who understand their personal risk of these diseases gain valuable insight to reduce their risk and lead to better outcomes. This knowledge encourages and supports healthier choices and better personal advocacy.



Knowing the Risk Makes the Difference.

Breast & Lung Cancer Risk Assessments

- Easy to access from mobile devices through the PRES app or on any device through a web browser.
- Assesses risk based on multiple factors. For example in breast cancer 5-year Risk, Lifetime Risk, Genetic Risk, and Radiation Risk are assessed.
- Follows accredited national standards for assessing a person's risk of cancer and follow-up recommendations.
- Creates personalized materials for each participant, giving them their results, explanation of the results, and an actionable list for risk reduction.

Bring Value to Your Wellness Plan

- Wellness Programs are shown to improve employees' social, mental, and physical health.
- Lowers health care costs through early detection and preventive care.
- Reduces workers' compensation and disability-related costs.
- Improves employee morale and loyalty.
- Wellness programs generate a return of \$2.71 for every dollar spent.¹

¹Harvard Business Review, Dec. 2010