

4 of 5 Wellness RISK Management Measurement

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MEASUREMENT

Dr. Ouellette's **Wellness RISK Management Measurement Program** is designed to identify where work is needed in a person's lifestyle to supply the help needed to achieve fast results. People in pain need advise differently than those who are healthy and looking for Optimal Health and Wellness. People in pain have special needs. The **Wellness RISK Management** program can be delivered to anyone using the Internet, no matter where they live. The measurement is anonymous, thorough and comprehensive delivering a nice one page summary of 38 scores and is intended to be taken over several days.

Wellness RISK Management measures compliance with the science in four phases.

Phase 1

Phase 1 measures five lifestyles that are used to develop an **Action Plan** list for people. Those pillars would be **Dr. Ouellette's Five Pillars of Optimal Health Secrets**.

Phase 2

Phase 2 is a measurement on several **standard** government nutritional protocols.

Phase 3

Phase 3 is a measurement on several important clinical measures for clinicians. Things like red flags, yellow flags, antioxidant needs, energy levels, several emotional indicators among others.

Phase 4

Phase 4 is a measurement of the **FoodPainConnection** to indicate how much pain a person has, whether the pain is significant, and whether the person consumes a lot of inflammatory causing foods. For instance, a sprained ankle needs wrapping and resting among all the other R I C E protocols. However, it also needs a low inflammatory diet because swelling is usually excessive while inflammatory foods would worsen swelling. This is often ignored by traditional medicine.

Thirty mini questionnaires make up the phases with some groupings of those questionnaires recorded for statistical purposes. Approximately 30% of the questions are knowledge based.

There are three questions we want answered on each person at the time of measurement.

1. How much of the Wellness **Self-Help** science are they doing?
2. How much of the Wellness **Self-Help** Science are they **not** doing?
3. What are their 38 **Wellness RISK** numbers?

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