

Measurement

Dr. Ouellette's **Wellness RISK Management Workshop Program** is designed to identify where work is needed in a person's lifestyle. It is designed to supply the help needed to achieve fast results. People in pain are advised 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 in four phases.

Phase 1

Phase 1 measures five lifestyles that are used to develop an action plan list for people. Those 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.

Thirty mini questionnaires make up the phases with some groupings of those questionnaires recorded for statistical purposes.

There are three questions we want answered about you.

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

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