

The Personal Wellness Profile (PWP)™

The PWP™ is a unique psychometric tool which provides you with deeper insight into your personal wellness, including physical and mental well-being, satisfaction with lifestyle, and attitudes and behaviours relating to wellness. Your individual scores are plotted against the latest European norms, so you can compare your own wellness profile with others. It also provides you with a measure of your current physical activity level and your body mass index (BMI).

The PWP™ questionnaire is completed on-line and your profile is returned to your nominated e-mail address. All data is stored, confidentially, on a secure website and shared only with **WebbeLife**.

When you complete your Personal Wellness Profile™ a diagram like the one in Fig 1 is produced. This is diagram of your overall scores and snapshot of your overall well being. Fig 2 represents a break down of one of the elements, eg satisfaction with lifestyle and shows you what the total score for that area is made up of.

Wellkom Corporate Services Ltd the creators of the PWP, in conjunction with other health and medical experts, have developed a series of Wellness Development Activities (WDAs) – simple, practical, action-orientated guides for managing personal wellness drawn from experts in the field of health and well-being and selected on the basis of your individual profile.

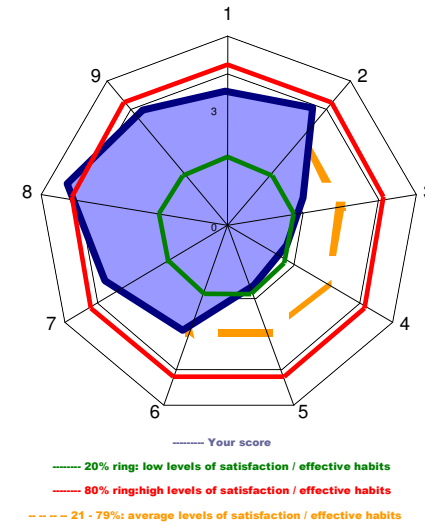


Fig. 1

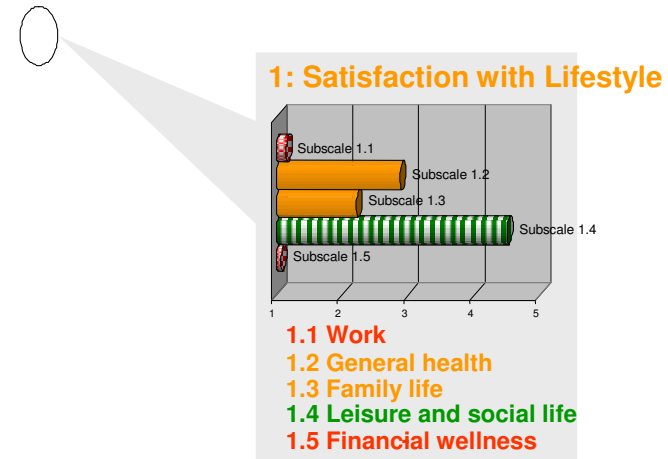


Fig. 2