



Health Solutions

YOUR HEALTH AND WELLNESS PARTNER

THE PROBLEM

After several catastrophic health events amongst employees, company leaders were concerned they weren't doing enough to support their employees and highlight the importance of health. They wanted to do something but were looking for more than just education and awareness. Company leaders were looking for a program that would deliver meaningful health improvement. Additionally, the client was a self-funded group facing rising health care costs.

THE RESULTS

- The high-risk* population went from 34% to 10%.
- Of those that were high-risk*, 57% graduated to a lower risk.
- Five out of six biometric categories have improved.
- Healthcare costs have remained flat for the last eight years.

"The wellness program is great. Knowing that my company was willing to pay for me to participate because they were concerned for my health was motivation for me to be committed and follow the process. I learned a lot along the way about my diet and the "why" behind it. The program helped me understand a lot of things I was doing - and thought were good decisions - actually weren't the best for me. Switching to a low-carb diet worked for me. I was able to lose 50 pounds in just a few short months by sticking to the program."

Coaching Participant

*High-Risk is defined as having an uncontrolled chronic condition (diabetes, hypertension, high cholesterol, heart disease, heart failure, COPD, arthritis, back pain, or depression) and/or critical clinical values based on national standards (blood pressure, LDL cholesterol, triglycerides, A1c or blood sugar).

THE CHALLENGES

- Company rapidly growing and wanted to create a culture of health.
- Company leadership valued and supported investing in health and wellness of their employees, but managers and employees didn't share that vision and passion.
- Client didn't have any health or wellness strategies.
- Client was self-funded and they weren't proactively managing risk to the plan they could control.

THE (HEALTH) SOLUTION

- Facilitated a workshop with senior leaders to identify vision and key performance indicators that resulted in a strategic roadmap to drive decision making.
- Implemented an incentivized program that included screenings and clinical intervention and lifestyle coaching.
- Implemented a program design that consisted of annual health screenings, clinical intervention and lifestyle coaching, and health promotion initiatives.
- Delivered monthly program status report to key stakeholders to evaluate success metrics, identify areas of new opportunity, and revise program design as needed.
- Delivered annual program report to evaluate clinical outcomes of the program.

To learn more about how Worksite Wellness Guide can help your clients, please contact:

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