



# Fully Insured or Self-Funded Onsite Health Screening Options



## Know Your Numbers

- ❖ Weight, Waist Circumference, Blood Pressure & Body Mass Index
- ❖ Fingerstick Blood Profile – Total Cholesterol, HDL (Good), LDL (Bad), Triglycerides (Fat) and Fasting Glucose (Sugar)
- ❖ Less than ten minutes to Know Your Numbers
- ❖ Meet face to face with nurse practitioner to review results with Anthem members
- ❖ 6/7 participants per practitioner per hour with a tech
- ❖ 6 participants per practitioner per hour
- ❖ Based on nurse practitioner(s) availability
- ❖ Each carrier has guidelines to earn rewards.
- ❖ No cost to employer as it is available to fully insured groups in IN and KY
- ❖ Travel TBD based on location and numbers
- ❖ Does not impact members “Annual Exam” with PCP

## Check Up or Annual

- ❖ Weight, Waist Circumference, Blood Pressure & Body Mass Index
- ❖ Fingerstick Blood Profile – Total Cholesterol, HDL (Good), LDL (Bad), Triglycerides (Fat) and Fasting Glucose (Sugar)
- ❖ Less than ten minutes to Know Your Numbers
- ❖ Meet face to face with nurse practitioner to review results with UHC or Cigna members
- ❖ 6/7 participants per practitioner per hour with a tech
- ❖ Based on nurse practitioner(s) availability
- ❖ Each carrier has guidelines to earn rewards.
- ❖ No cost to employer as it is available to fully insured groups in IN and KY
- ❖ Travel TBD based on location and numbers

### Optional

- ❖ **Annual exam** offered to those who do not have a PCP or for those electing for annual at the worksite. All the above along with exam for eyes, ears, nose, throat, chest and lungs takes about 20 minutes

## Digital Wellness Platform

- ❖ Award winning highly flexible platform
- ❖ Customized options as no programs are the same
- ❖ Wellness made easy since 1993
- ❖ Better price point than similar platforms \$3.75 PEPM for only those engaged

### Getting Started

- ❖ Register to Activate Your Account
- ❖ Complete your account setup  
Web Based, Mobile App  
Device Set-Up, Text Reminders

### Earn Points

- ❖ Our dedicated team will help create a custom program.
- ❖ All company cultures are different.
- ❖ With Gen X, Y and Z participants, we need to look at what will motivate and incentivize participation.
- ❖ Whether you tie to health premiums, wellness days off, donation to charity or others, we can help increase engagement.
- ❖ Our team will work to create a program to reward visits to get annual preventives, educational classes, biometric screenings, health risk assessment and increase your daily movement, to name a few.

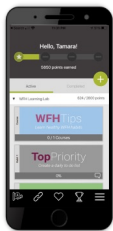
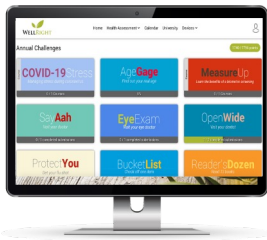
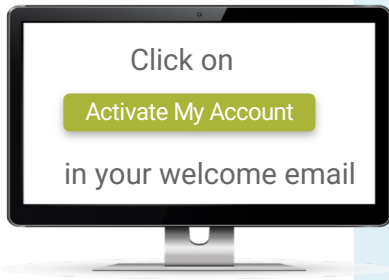
## Tracking and Compliance

- ❖ HR less work, we are Wellness Made Easy



# Looking for a Digital Platform for Engagement?

OUR DIGITAL WELLNESS PLATFORM



## Digital Wellness Platforms

- Award winning highly flexible platforms
- Customized options as no programs are the same
- Wellness made easy since 1993
- Better price point than similar platforms

## Getting Started

- Register to Activate Your Account
- Complete your account setup
  - Web Based
  - Mobile App
  - Device Setup
  - Text Reminders

## Participate in Activities to Earn Points

- Our dedicated team will help create a custom program.
- All company cultures are different.
- With Gen X, Y and Z participants, we need to look at what will motivate and incentivize participation.
- Whether you tie to health premiums, wellness days off, donation to charity or others, we can help increase engagement.
- Our team will work to create a program to reward visits to get annual preventives, educational classes, biometric screenings, health risk assessment and increase your daily movement, to name a few.

## Tracking and Compliance

- Our team will track and monitor the program
- Client admin permissions to run reports
- No more work for the HR team as we are Wellness Made Easy...