

Worksite Wellness Programs





Healthier Employees = Lower Health Care Costs

Ready to have a healthier and productive workforce? Premier Community Health's (PCH) workplace wellness programs can make a real difference in your employees' well-being. PCH, the wellness arm of Premier Health, offers innovative products and services that touch every dimension of well-being. Our primary goal and mission is to positively impact population health and create healthier communities.

OUR INTEGRATED APPROACH

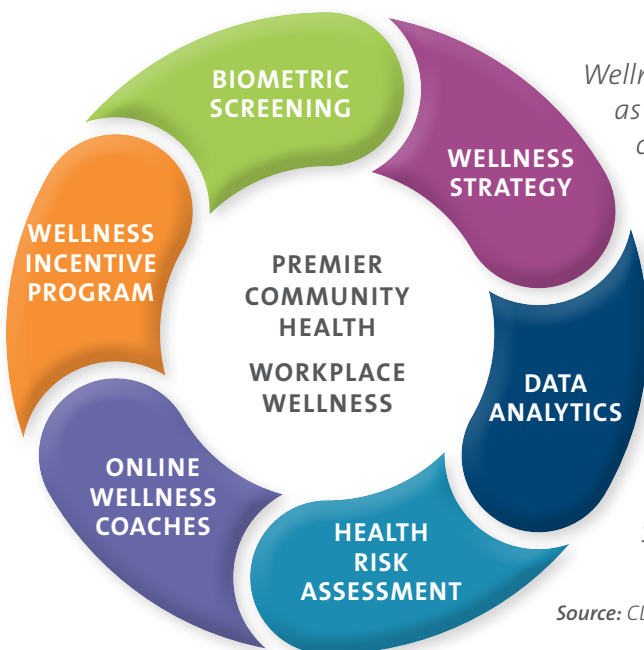
Premier Community Health offers an all-inclusive approach to Well-Being. We offer:

- Worksite Wellness Program
- Mobile Health Clinic
- Employee Assistance Program
- School Nurse Program
- CPR Classes
- Occupational Health
- Breast and Cervical Cancer Project
- Premier Health's Mammogram On-The-Go

WHY CHOOSE PREMIER COMMUNITY HEALTH?

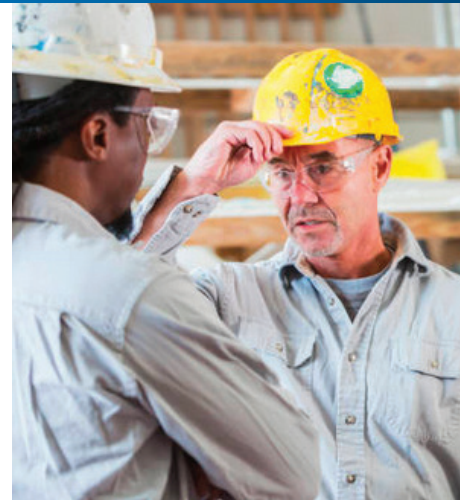
PCH is your Wellness One-Stop Shop:

- Customizable
- Result-oriented
- ...and we are local!



Wellness is defined as a dynamic process of learning new life skills and becoming aware of and making conscious choices toward a more balanced and healthy lifestyle across seven dimensions: Social, Physical, Emotional, Career, Intellectual, Environmental and Spiritual.

Source: CDC and World Health Organization



FEEDBACK FROM OUR CLIENTS:

"We appreciate the mutual benefits gained from the PCH screenings that were combined with wellness education. We also benefitted from the information we were given about health care provider coverage."

"The health screenings were greatly appreciated by our organization. Several people were informed about potential high risks they didn't know they had. They are especially grateful."



Our Process

STEP
1

PLAN

- Wellness Plan Overview
- Seek Executive Support
- 'Wants and Needs' Assessment

- Identify what is working well
- Identify employees' wellness 'wants'

STEP
2

ASSESS

- Health Risk Assessment (HRA)
- Biometrics
- Environment

- Set up baseline data and identify gaps
- Lifestyle Coaching

STEP
3

ANALYZE

- Data
- Wellness Program Design
- Metrics

- Aggregate and personal reports
- Incentive allotment

STEP
4

EXECUTE

- Program Implementation
- ROI Tracking

- Implement a strategic well-being package
- Target employees by Stages of Change Model



FEEDBACK FROM OUR CLIENTS:

"Our wellness programs were positive and impactful, and everyone I worked with from preparing for the events to the actual events were professional and courteous."

"Thank you for providing professional and courteous service to our employees. It is a pleasure to work with you each year."



Our Well-Being Packages

PCH offers comprehensive packages – making it easier for your HR/Benefits team! The elements of our well-being packages are tailored to fit your organization’s needs. We work closely with your team and your budget to close the gaps.

INCLUDED IN ALL PACKAGES:

1. Aggregate Analysis

A tool intended to identify the areas of opportunity for health enhancement that lead to improved employee health, claims reduction and related savings

2. Results Review

We work with your organization’s leadership and wellness champions to reveal opportunities for health enhancement and positive culture building

3. Event Management

Managing participant registration has never been so easy! We handle all scheduling duties, confirmations, and logistics for your onsite programs. We conduct and report on event satisfaction periodically

Did you know that every dollar invested in worksite well-being programs helps save \$6 in health care savings?

Source: Society of Human Resource Management



Core

4. Biometric Screening – Your organization’s choice of an annual biometric screening package (see page 5 for package details)

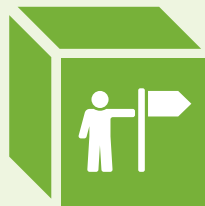
5. Onsite Lifestyle Coaching

6. Health Risk Assessment (HRA) – A questionnaire to identify potential health risks and willingness of individuals to change unhealthy behaviors (versions available: online and paper, English and Spanish)

7. Personal Health Report (PHR) – Each employee that participates in the biometric screenings and health assessment receives a comprehensive report that details their unique health characteristics

8. Wellness Portal – 24/7 online access

9. Flu Shots



Midway

10. Risk Stratified Lifestyle Coaching – Based upon risk stratification: high risk, moderate risk and low risk

11. Incentive Tracking – Flexible to accommodate your budget and specific incentive plan

12. Wellness Challenges – From nutrition and physical activity to financial wellness, there’s something to motivate every employee

13. On-site Wellness Programs – In the form of interactive “healthy breaks” and/or wellness workshops

Plus, all the **Core** Package benefits






Premier

14. Lifestyle Management Programs (LMP) – Targeted support for high-risk individuals via intensive, behavior-change driven programs

15. Risk Targeted Lifestyle Coaching – Vigorous and continual

Plus, all the **Midway** and **Core** Package benefits

<h1>Well-Being Package Features</h1>	 <h2>Core</h2> <p>Designed to deliver a snapshot of your population's health</p>	 <h2>Midway</h2> <p>Customized, 6-9 month wellness package tailored to your culture and incentive plan</p>	 <h2>Premier</h2> <p>"Gold Standard" and comprehensive, annual package designed to give the most ROI/VOI</p>
1. Aggregate Analysis	●	●	●
2. Results Review (employer)	●	●	●
3. Event Management	●	●	●
4. Biometric Screening	●	●	●
5. On-site Results Coaching	●	●	●
6. Health Risk Assessment (HRA)	●	●	●
7. Personal Health Report (PHR) (employee)	●	●	●
8. Wellness Portal	●	●	●
9. Flu Shots	●	●	●
10. Risk Stratified Lifestyle Coaching		●	●
11. Incentive Tracking		●	●
12. Wellness Challenges*		●	●
13. On-site Wellness Programs*		●	●
14. Lifestyle Management Programs (LMP)			●
15. Risk Targeted Lifestyle Coaching			●

* Number of activities between Midway and Premier will vary

Call Us Today To Find Out Which Of Our Well-Being Packages Is The Right Fit For You, **1-877-272-4543**



Wellness Components At Your Fingertips

WELLNESS PORTAL

- House upcoming programs, incentive tracking, and much more...
- Interact with your Lifestyle Coach
- 24/7 Access



LIFESTYLE MANAGEMENT PROGRAMS (LMP)

- Intensive, behavior-change driven
- Multi-week format
- Conducted on-site by our Coaches



HEALTH RISK ASSESSMENTS (HRA)

- Detect latent health risks and willingness to change
- Analytics based on Trans Theoretical Model
- Versions Available in English and Spanish; Paper and Online



Program Options:

- Tobacco Cessation
- Empower Your Lifestyle
- Step Ahead
- Sustainable Wellness
- Diabetes Management

FLU SHOTS

- On-site, fast and convenient
- Licensed Staff
- Vouchers and off-site options available



WELLNESS WORKSHOPS

- Not your typical Lunch-n-Learn, you will be challenged!
- Interactive and relevant
- Available in our condensed “Healthy Breaks” option too



INCENTIVE TRACKING

- Motivate employees to do even better
- Tracking and reporting
- Highlight your HRA/HSA Reward, Premium Discounts



Workshop Options:

- Eating for Wellness
- Mindful Eating
- A Healthier YOU with Exercise
- ErgoFit
- Healthy Heart
- Prevent Type 2
- Living Well with Diabetes
- Slip, Slop, Slap, Wrap: Sun Safety
- Breathe Easy
- Stress Hacks
- Seven Dimensions of Healthy Living
- Sleep Well
- Kick the Flu, Before it Kicks You
- Know Your Numbers
- Healthy Aging
- Gut Health
- Brainpower
- Financial Wellness
- Mindfulness Meditation

WELLNESS CHALLENGES

- Fun, engaging, and competitive
- Multi-week format
- Mixed Format: on-site and virtual to Conducted on-site and virtually.



Challenge Options:

- Weigh 2 Win
- Maintain, Don't Gain
- Make Every Move Count
- Nourish
- 5 a Day
- Gratitude
- Sweet Surrender
- H2O Go!
- Get Your Zzz's

ANCILLARY SERVICES

- Look-n-Learn Booths (Perfect for Health Fairs!)
- Chair Massages, Yoga, Pilates
- Zumba, Circuit Training, Strength Training





Wellness Components At Your Fingertips

BIOMETRIC SCREENING



- On-site, fast and convenient
- Follow-up by Lifestyle Coaches for at-risk individuals
- Off-site screening options available: physician and lab locations

Biometric Screening Package I

Includes:

- Total cholesterol/HDL (good cholesterol)
- Blood glucose
- Blood pressure
- Height, weight, and body mass index

Biometric Screening Package II

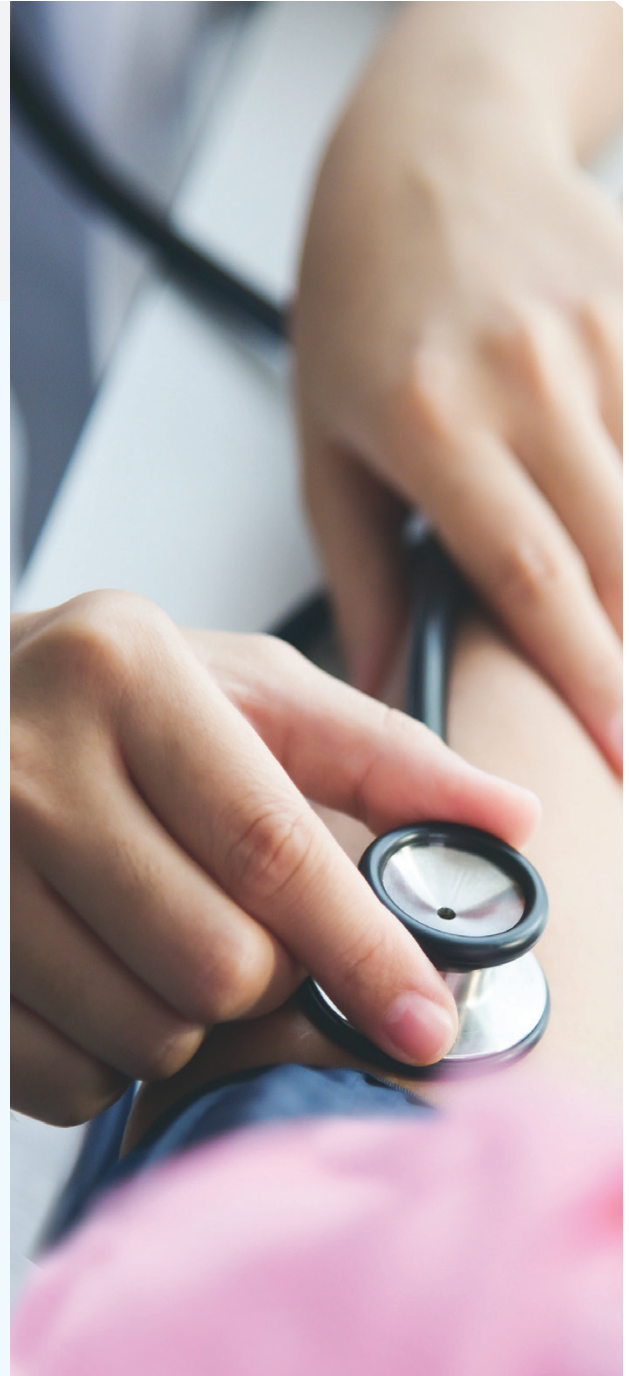
Includes:

- Total cholesterol/HDL (good cholesterol)
- Blood glucose
- Blood pressure
- Height, weight, and body mass index
- **LDL, triglycerides (bad cholesterol)**
- **Waist measurement**
- **Hemoglobin A1c testing**

Biometric Screening Package III

Includes:

- Total cholesterol/HDL (good cholesterol)
- Blood glucose
- Blood pressure
- Height, weight, and body mass index
- **LDL, triglycerides (bad cholesterol)**
- **Waist measurement**
- **Hemoglobin A1c testing**
- **Cotinine testing**





Looking At Options For A Health Fair?

Check Out Our A La Carte Offerings:

- Biometric Screening Package I (Popular for Schools)
- Biometric Screening Package II
- Biometric Screening Package III (Popular for Manufacturing Firms)
- Blood Pressure Screenings
- Body Fat Screenings
- Carotid Bruit Screenings
- Chair Massages
- CO Breath Screenings
- Fitness Classes
- Flu Shots
- Hearing Screenings
- Height, Weight, Body Mass Index Screenings
- Hemoglobin A1C Screenings
- Lipid Profile Screenings
- Look-N-Learn Booths
- Vision Screenings

