

Employer Programs

WELLADVANTAGE™ WORKS FOR YOU

WellAdvantage is a pioneer in the wellness industry, with more than a decade of grassroots experience in wellness program implementation. We provide state-of-the-art tools to help corporations improve the health and well being of their employees, and as a result, the company itself.

Our proven approach incorporates a variety of services to meet the diverse needs of our partner organizations, including onsite programs, such as biometric screenings, health fairs, educational seminars; one-on-one coaching with our highly trained and experienced wellness coaches; and a personal wellness website for participants to track their diet and exercise, and access health information. Our combination of wellness services is a well-rounded and thorough approach to promoting healthy behavior change.

Thanks to our years of experience in delivering positive results, we have perfected the science of successful wellness programming. In essence, WellAdvantage becomes your fully staffed Wellness Department, supporting your team lead or Human Resources Department to deliver a top notch program.

WELLNESS SERVICES

HEALTH SCREENINGS

Biometric screenings are the foundation of a successful wellness program—for many people, seeing concrete evidence of a real health risk is just the motivation needed to set them on a path to better health. Screenings provide baseline data which demonstrates health trends in the workforce. WellAdvantage compares screening results from year to year, tracking shifts in health risks and providing reports that illustrate the benefits of your wellness program. Data* may be shared with health carriers and third parties for analysis and incentive rewards as needed. *HIPAA regulations apply.

As with all of our services, WellAdvantage's biometric screenings are state-of-the-art. Screenings include:

- + Tablet technology
- + Venipuncture or finger stick testing
- + LabCorp Patient Service Center and physician data submission options
- + Online and telephone registration
- + Event manager
- + Dedicated Account Manager

All WellAdvantage programs and data transfers are compliant with HIPAA, GINA and ERISA regulations.

ONSITE EDUCATIONAL & INTERACTIVE PROGRAMS

To provide as many opportunities as possible for health and wellness education, and to reinforce your corporate wellness campaigns, we offer a variety of onsite programs:

- + Lunch and learn seminars on topics like disease awareness and prevention, stress reduction, and nutrition
- + Group fitness classes
- + Health expos with WellAdvantage experts on various health and wellness issues

ONLINE TOOLS FOR MOTIVATION, EDUCATION & SUCCESS

WellAdvantage provides a comprehensive Web Portal that gives employees access to a personal wellness system. Employees use this tool to plan and log their meals and exercise, register for events, access their Health Risk Assessment, participate in online health and wellness workshops and monthly webinars; and browse our comprehensive health and wellness library. Each client's dashboard shows real-time health improvements: their initial HRA is integrated with current program participation to track healthy changes and show progress. This Portal is the hub of company-wide health challenges, integrating FitBit data and allowing participants to track their reward points.

"In business today, corporate wellness programs have evolved into well-planned initiatives leading to a positive return on investment for corporations. Strategic business approaches to wellness are a necessity to a healthy bottom line. Organizations that treat these programs as divisions with revenue goals, participation tracking, health risk screenings, and ROI targeting reap the greatest return."

JEANNE SHERWOOD, RN,
CEO OF WELLADVANTAGE



Learn more at
welladvantage.com

WellAdvantage is a Certified Women's Business Enterprise and a recipient of numerous business awards.

WELLNESS SERVICES

Health Screenings

Onsite Educational & Interactive Programs

Online Tools for Motivation, Education & Success

Coaching

Program Administration & Reporting

COACHING PROGRAMS

Wellness coaching is an invaluable part of an overall corporate wellness program. In fact, clients tell us that the interaction with their individual coaches is the highlight of the program. WorkingWell Coaching uses proven behavior modification techniques that result in real and lasting health improvement. This is important because we address the needs of high-risk populations, which are associated with higher health care claims. And our method works: when we evaluated the impact of adding the WorkingWell Coaching package to one of our corporate wellness programs, we found a 40% reduction in health risks among the 182 high-risk employees who participated.

WorkingWell Coaching is client-centered, so our work revolves around the individual's interests, abilities, and needs. We always take into consideration participants' readiness to change and proceed based on the stage they are currently in. This approach, combined with an emphasis on setting achievable goals, leads to a series of successes, which in turn boosts self-efficacy and the likelihood that the employee will continue to improve healthy behaviors and maintain them in the long run.

WorkingWell Coaching includes two programs:

- + QuickCoach is a call line that gives immediate access to a coach who can address questions related to a current health goal; answer inquiries about coaching in general; or assess whether a caller is ready to commit to the individualized coaching program.
- + WorkingWell Coaching is one-on-one coaching with a behavior modification coach with a series of four to five telephone sessions over a four-month period.

PROGRAM ADMINISTRATION & REPORTING

Our goal is to make your corporate wellness program run as smoothly as possible. To that end, we become your Wellness Department, providing the staff, materials, and administrative oversight for all events and program components from inception, implementation, management and results reporting. Or, we can follow the lead of your existing wellness staff and contribute support services as you need them.

We'll keep you up-to-date on the program by tracking various components, such as employee participation, health shifts among the population, and incentive rewards. Our experts will make recommendations to enhance the program and increase engagement. Depending on the package you choose, we'll present program data as real-time HRA aggregate reports, monthly and quarterly reports, and/or an annual report with outcome reporting and ROI calculation. (Services included in the standard and premium packages are described to the left.)

ONLINE, COACHING & PROGRAM ADMINISTRATION PACKAGES

Service	Detail	Standard Package	Premium Package
1. WellAdvantage Online Web Portal with Standard Branding	Client logo on landing page and portal	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2. Customized Branding	Plus Customized Portal Design		<input checked="" type="checkbox"/>
3. Customer Service	8:00 am – 8:00 pm EST, 1-800#	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
4. Company-Wide Challenge	8 Week Challenge		<input checked="" type="checkbox"/>
5. FitBit® Integration	May be used with challenge	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
6. WorkingWell Coaching Package	QuickCoach Call Feature: <i>Whole Group Unlimited Calls</i>		<input checked="" type="checkbox"/>
	WorkingWell Individual One on One Coaching		<input checked="" type="checkbox"/>
7. Standard Incentive Campaign	Standardized to web features	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
8. Expanded Incentive Campaign	Customized to specifications of plan		<input checked="" type="checkbox"/>
9. Standard Communications and Promotions	Up to 2 event registrations per month - Standard promotions	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
10. Customized communications and promotions of events	Up to 10 events per month with customized promotions		<input checked="" type="checkbox"/>
11. Monthly Newsletter	Branded to client		<input checked="" type="checkbox"/>
12. Standard Account Administration	Standard reporting	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
13. Dedicated Account Manager	Complete reporting with ROI		<input checked="" type="checkbox"/>
A LA CARTE SERVICES			
14. Onsite Educational & Interactive Programs		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
15. Health Screenings		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



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