

## HealthySolutions



### Better Benefits – Better Health – Better Life

Welcome to HealthySolutions, America's most innovative, participation-based health & wellness incentive program! With the increasing cost of health care, and most experts agreeing that 70% of our health care costs are due to lifestyle choices and related illness, it is time to take control of health care costs by improving health.

#### Health

HealthySolutions was built to give employers an alternative way to reduce to the rising cost of health care. With HealthySolutions, participants can earn up to the first \$2,000\* of their Deductible by:

- **Awareness:** Complete the Biometric Screening & Health Risk Assessment. Know your numbers, reach out to a health coach to help you understand your results.
- **Education:** Engage in Online Education, Health Challenges and Health Coaching
- **Lifestyle:** Record food and physical activity, while maintaining health and wellness good practices

### \$3,000 Deductible

Earn Away up to the first \$2,000\* of your Deductible by earning credits for Awareness, Education, Coaching, & Lifestyles!

\$1,000\* Remaining Deductible

\*For employees with spousal coverage the deductible amount is 2X the individual or parent child/children deductible. The employee and participating spouse are eligible to earn deductible credits up to \$2,000 each.

#### Wellness

Employees often spend more than half of their waking hours at work. There is no better place to cultivate health and wellness education and incentives. The HealthySolutions incentive capabilities are coupled with a wide range of wellness, preventive & clinical programs. This program can help promote life long adoption of choices that can result in healthier, more productive employees.

#### Technology

With HealthySolutions, the health and wellness initiative is just part of the big picture in managing your health care costs. Each client and their employees receive their own Wellness Portal that has the following capabilities:

- Take online Health Risk Assessment
- View lab results from Biometric Screening
- View past claims
- Track food and exercise
- Take online education and health coaching
- Sync wearable tracking devices (FitBit, Apple Watch)

**For more information,  
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## Earn up to \$2,000 deductible credit per employee/spouse per year

	Wellness Activity	Frequency & Point Value	Credit	Details
<b>Assessment &amp; Awareness (Months 1-3)</b>	Biometric Screening	1/year=\$200	\$200	On-site screenings or LabCorp vouchers (download from member portal)
	Health Risk Assessment	1/year=\$150	\$150	15-minute online assessment—Complete
	Flu Shot	1/biannual=\$50	\$50	Obtain a flu shot
<b>Action (Months 4-9)</b>	Review Comprehensive Wellness Report w/ Health Coach Nurse via Telephone	1/year=\$100	\$100	Review member report with a health coach (Schedule through member portal)
	Complete any combination from the Activities List to Earn Points, totaling up to \$1,000 Points!			
<b>Lifestyle Adoption (Months 10-12)</b>	Complete any combination from the Activities List to Earn Points, totaling up to \$500 Points!			

### Activities List to Earn Points

75 Points	Complete a Health Challenge (e.g. More Fruits & Veggies, Walking Challenge or Biggest Loser)
100 Points	Log 30 minutes or more of exercise/physical activity

### Activities That Can Be Earned Once Per Quarter:

100 Points	Have a Non-Smoker status from Wellness Screening (or submit NEW results from a doctor)
25 Points	Have a Blood Pressure <135/85 from Wellness Screening (or submit NEW results from a doctor)
25 Points	Have a Total Cholesterol <200 mg/dL from Wellness Screening (or submit NEW results from a doctor)
50 Points	Complete ONE Digital Health Coaching module (Choose: High Blood Pressure, High Cholesterol, Stress, Pregnancy, Quit Smoking)
25 Points	Attend an Online Seminar and Score 100% on the online quiz
100 Points	Participate in Health Coaching, if referred, and complete a minimum of 3 calls.

### Activities That Can Be Earned Once Per Year:

50 Points	Complete Digital Health Coaching for Weight Management
50 Points	Record food and exercise in online food and fitness logs for 4 days; submit for analysis
50 Points	Complete a Wellness Check-Up with Your Doctor

