

# Wellness Challenge®

If your organization is struggling with how to combat the rising cost of employee healthcare, then the HealthForce Wellness Challenge® is the solution for you. Using incentives as positive motivation techniques, the Wellness Challenge® helps you influence your employees to lower their long term health risks and minimize unnecessary use of healthcare resources. Because no two organizations are alike, the Wellness Challenge® is a flexible, web-based health incentive program designed to provide you with the exact tools you need to achieve quantifiable results.

## Outcomes-focused features

- » **Customization.** We provide complete, tailored program design and development, as well as web portal setup, to ensure a successful rollout.
- » **Monitoring.** Our program helps you track employee participation to ensure effective outreach and accessibility.
- » **Evaluation.** Built-in assessment tools measure participation levels and behavior change, and evaluate health status improvements to support periodic program revisions, as needed.
- » **Integration.** The program integrates easily with your existing health and wellness offerings (web-based or non-web-based) to ensure effective transition and optimal use of resources.

## Education and incentive-based features

- » **Interactive learning.** Participants are given access to a wide range of health and wellness articles to help them meet established self-learning criteria.
- » **Group learning.** In learning with their peers and facing behavior change as a group, participants receive motivation and support, overcome self-consciousness and build confidence.
- » **Positive reinforcement.** Individual rewards encourage employees to participate in targeted activities and strive to meet established criteria.
- » **Health as an incentive.** The program also emphasizes the most important incentive — improved health status — to foster behavior change that outlasts any monetary incentives.

## Portal-powered features

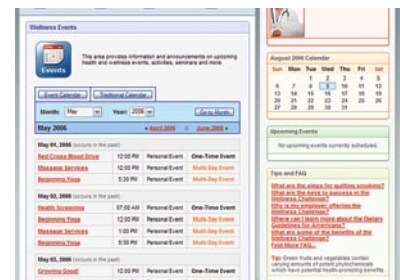
- » **Convenient, reliable access.** Using a secure Internet connection makes enrollment fast and simple. Once enrolled, employees can participate anywhere and anytime, day or night.
- » **Real-time tracking.** Employees and wellness program administrators can watch progress toward criteria achievement in real time, and rewards can be granted immediately to reinforce positive behavior changes.
- » **Calendar.** Built around your organization's wellness calendar, the online Wellness Events calendar allows employees to add group events and personal, criteria-based activities to their schedules.
- » **Reminders.** Participants receive regular reminders when deadlines for meeting certain criteria are approaching, as well as updates on their current status of criteria achievement and program success.
- » **Communication.** Participants at multiple sites nationwide can communicate with each other, share information and ideas, coordinate events, encourage each other and celebrate successes.
- » **Administrative and measurement tools.** Your wellness program administrator has access to a variety of reports, including aggregate data to assess the program's impact on overall participation and criteria achievement.
- » **Online integration.** The Wellness Challenge portal links to your employee health and wellness website or your employee intranet.



*We offer proven techniques and incentive options to encourage employees to exercise, adopt healthy eating habits, reduce risk factors, improve their health, and become wise consumers of healthcare to minimize costs.*



*When accessing the Home page of the Wellness Challenge portal, employees can plan and track their wellness activities, read the latest wellness news and program information, and communicate and collaborate with each other on a wide range of wellness issues and topics.*



*The Wellness Events calendar allows employees to get more details on specific activities, seminars or other health and wellness events.*



Continues on back

**Program support features**

- » **Planning and implementation.** We provide training and orientation to familiarize your wellness program administrator with your organization's customized program and portal.
- » **Technical resources.** We provide complete technical support and consultation to ensure the success of your program.
- » **Continuous improvement.** Our Wellness Challenge® network administrators solicit participants' ideas, successes and other feedback to continuously assess and enhance the program, the portal, and their many features.

**Customer benefits**

The Wellness Challenge has an established track record of providing significant, measurable benefits to organizations like yours, including:

- » reduced employee risk factors, work-related injuries, healthcare costs<sup>1</sup> and unscheduled leave,
- » improved ability of employees to be wise consumers of healthcare, minimizing unnecessary doctor and emergency room visits, and
- » increased employee access to personalized programs for behavior change and healthy lifestyles.

**Flexibility to meet your objectives**

The Wellness Challenge is available either as a comprehensive program or as individual components to fit your organization's unique objectives and budget. The intrinsic flexibility of our program not only allows you to target multiple health risks identified within a given employee population, but it also enables you to offer access to employees at multiple sites without burdening staff at those locations.

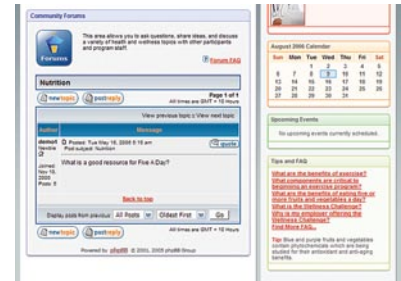
**Proven results**

For over 10 years, a number of organizations have seen impressive results in the Wellness Challenge. For example, with one client<sup>2</sup>:

- » annual claims costs per employee, per month were 31% lower in 2002 than they were in 1992,
- » for every \$1 spent on the program, over \$6 was saved through reduced claims costs and sick time, and
- » participation was high — over 73% of eligible employees participated for one or more years.

<sup>1</sup>Proof Positive: An Analysis of the Cost Effectiveness of Worksite Wellness, Larry Chapman, MPH, 2002

<sup>2</sup>Providence Everett Medical Center, Everett, WA

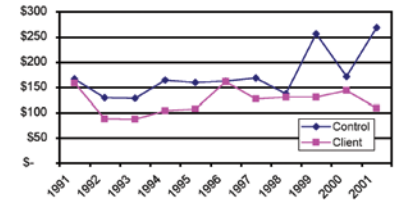


Employees can visit the Discussion Forums to ask questions and receive useful advice and feedback from their wellness program administrator.



The Scorecard is where employees can record their exercise and fitness activities, as well as other health and wellness events, so those activities can be counted toward completion of established criteria.

**10-YEAR HEALTHCARE COST COMPARISON**



**About HealthForce**

HealthForce is a single-source provider of workplace health solutions, serving thousands of local, regional and national employers. We are an innovator in employee health, offering superior care to injured and ill employees, and designing and delivering workplace health services to improve employee health and productivity.

**HealthForce Partners**  
 11805 North Creek Parkway S.  
 Suite 113  
 Bothell, WA 98011  
 425 806 5700  
[www.HealthForcePartners.com](http://www.HealthForcePartners.com)