

Wellness Challenge®

If your organization wants to offer a time-tested, proven well-being strategy that can achieve a culture of health, reduce productivity loss and curb the cost of healthcare, then the HealthForce Wellness Challenge® is the solution for you. Using a proven program design and structure with incentives as positive motivation techniques, the Wellness Challenge can help achieve your organizational goals. Because no two organizations are alike, the Wellness Challenge is a flexible, web-based well-being program designed to provide you with the exact structure, tools and resources 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 program rollout.
- » **Access and monitoring.** Our time-tested program helps you track employee participation to ensure engagement, behavior change, accessibility, and success. Using a secure Internet connection makes enrollment fast and simple. Once enrolled, participants can take part anywhere and anytime, day or night.
- » **Evaluation.** Built-in assessment tools to measure participation levels, individual and comprehensive criteria success, behavior change, health status improvements, employee satisfaction levels and data entry habits. These tools and the data generated can also be useful in monitoring pre-established goals and objectives to make future program design modifications and enhancements.
- » **Integration.** The program integrates easily with your existing health and wellness offerings (web-based or non-web-based) to ensure an effective 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, real-time health and prevention news feeds, health links, and other health education information to help them meet established self-learning and self-care 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 for achieving pre-determined wellness goals encourage participants to engage in well-being activities and strive to meet established wellness 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.** Participants can monitor their progress towards wellness criteria achievement in real-time, receive updated status reminders regarding each wellness criteria and view historical activities to gauge progress and provide long-term motive force.
- » **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.
- » **Customized notifications.** Custom participant reminders can be created by the wellness coordinator to provide specific program updates, upcoming wellness events, and reminders regarding data entry deadlines and 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.

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There's a smarter way to invest in employee health



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 homepage 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.

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. We have over 25 years of program design and consultation experience in administering and achieving a high level of program success.
- » **Technical resources.** We provide complete technical support and consultation to ensure the success of your program and employee satisfaction.
- » **Continuous improvement.** With over 25 years of experience, our Wellness Experts use past and current customer successes and feedback to continuously assess and enhance the program design, success and portal features.
- » **Content management.** Each wellness coordinator has the ability to customize various content information of the website, including the Home page, Notifications, and Health and Prevention News RSS Feeds. Having content control allows for timely information, communications and greater engagement and connection with participants.
- » **Expert advice and experience.** Our wellness experts can assist with the development of a formal program evaluation report that can be used to inform and update key organizational leaders about the success of the program. With our expert assistance, many of our customers have won both regional and national awards for their Wellness Challenge program.

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 costs¹ 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

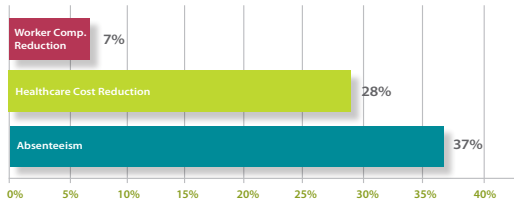
The Wellness Challenge is available either as a comprehensive program or as an individual component to fit your organization's unique objectives and budget. The intrinsic flexibility of our program not only allows you to target multiple health risks identified within a given employee population, but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

Proven results

For over 20 years, a number of organizations have seen impressive results in the Wellness Challenge.

Case Study 1 | COMPANY GROSS SAVINGS

Three customers located in rural settings enrolled in the Wellness Challenge program. Third party administration data for the three customers demonstrated the following gross savings associated with health and productivity measures:¹

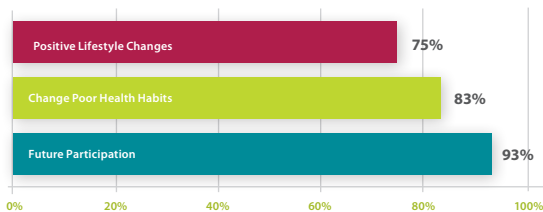


Total net savings for the three-year period was \$1.6 million, which translated to \$762 per Wellness Challenge participant.

¹ Medicine and Science in Sports and Exercise, May 2001 - Volume 33, Issue 5, p. S235

Case Study 2 | SATISFACTION LEVELS AMONG PARTICIPANTS

Year-End Participant Satisfaction Survey data from multiple Wellness Challenge customers demonstrates that in several different program categories employees were satisfied with the Wellness Challenge.



Using the digital Scorecard, 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.



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

About HealthForce

HealthForce is a workplace health company. Our mission is to build enduring customer relationships by delivering world-class health solutions and extraordinary customer service. To accomplish this, we follow five guiding principles:

- We are a single-source provider of workplace health solutions.
- Our services are customer driven.
- Our providers are the occupational health experts.
- Our delivery is flexible and responsive.
- We are accountable for the value of what we deliver.

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