

APPROACH

How We Partner

We understand you have unique needs, expectations and goals for your health and well-being programs. Our flexible approach enables us to strategically partner with you across a broad continuum — whether your goal is an introductory approach to employee well-being or a fully integrated population health solution.



HEALTHPARTNERS.COM/WELLBEING

HEALTH & WELL-BEING

ENGAGE YOUR POPULATION
from work to home and in between

Build your culture of health today

Call us at 888-869-4919

or visit healthpartners.com/wellbeing.



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OVERVIEW

What We Do

We're your strategic partner to design and deliver effective well-being programs that engage employees, improve health and drive results. Our proven, best-in-class solutions reduce health care costs and improve productivity.

Our Foundation

For 20 years, our innovative and evidence-based health and well-being solutions have delivered measurable results and ROI for employers like you. Our accredited, proven solutions are grounded in published scientific research.

Our Clients

Our client base includes a variety of company types ranging from several hundred employees to more than 50,000.

SOLUTIONS

Health Assessment

- Proprietary and predictive
- Results integration

Online Programs

- 10,000 Steps® program
- Health trackers
- Stress management
- Virtual coaching
- Weight management
- Wellness challenges

Health Coaching

- Blood pressure management
- Chemical health
- Cholesterol management
- Emotional health
- Low back pain
- Nutrition
- Physical activity
- Stress management
- Tobacco cessation
- Weight management

Health Screenings

- Health assessment integration
- On-site or by mail

Incentives

- Cost-effective strategies
- Benefit based, outcomes-based, gift cards and more

On-site Services

- Health coaching
- Screenings, seminars and health fairs
- Wellness program management
- Workplace challenges and group coaching

Web-based Tools

- Mobile apps
- Well-being portal

Communications & Promotion

- Comprehensive plans
- Professionally designed

Reporting

- Program status
- Data to inform wellness strategies

RESULTS

Client Results

A large HealthPartners client, using our full suite of services, achieved 90+ percent participation each year for three years. Over that time period they saw:

- Tobacco use: 37 percent decrease
- Physical activity: 52 percent increase
- Fruits and vegetables in diet: 81 percent increase
- Obesity: 9.4 percent reduction
- ROI of 3:1

Participant Results

Our participant-centered health coaching model is tailored to meet individuals' goals by providing unlimited access to coaches and flexible scheduling. Participants who focus on:

Weight Management lose, on average, 6.5 pounds.

Tobacco Cessation quit smoking 65 percent of the time.

Healthy Eating increase fruit/vegetable intake by more than 20 percent.

Physical Activity add more than one additional day per week of activity.

Not only are participants achieving measurable results, but they like it, too. In fact, over 90 percent report that the program exceeded or met their expectations.

Achieved three-year ROI of 3:1

We've achieved proven, published outcomes with our clients. Learn how you can see similar results.



National Benchmark in Consumer Engagement, Prevention and Health Promotion 2007, 2008 and 2009 eValue8 Results