

# **WILLIS HRH HEALTHY STRIDES<sup>SM</sup>**

## **SAVING LIVES AND MONEY**

### **IMPROVING QUALITY OF CARE WHILE REDUCING HEALTH-RELATED COSTS**

Willis HRH HealthyStrides addresses the health-related and productivity costs you face now and will face in the future. This integrated, comprehensive health management solution was designed especially for small to mid-size organizations. Covering the entire care continuum, the program emphasizes:

- Prevention
- Early detection
- Participant education
- Self-care
- Clinically supported interventions



Simple and easy to launch for your workforce, this program takes the guesswork out of what makes a complete health management program successful.

### **INTEGRATED COMPONENTS FOR GOOD HEALTH**

A workplace health management program helps a company by helping its greatest asset – its employees -- by providing those employees with tools that can help them live healthier, more productive lives. Willis HRH HealthyStrides is an integrated program that combines lifestyle behavior change with cutting-edge population-health programs. This cost-effective solution is implemented via online programs, educational materials and telephonic coaching. The program includes wellness, telephonic coaching, nurse-line and biometric screening solutions.

# INTERACTIVE HEALTH PROGRAMS

Beginning with the Health & Productivity Assessment (HPA), the program guides participants to the most appropriate behavior change programs and leads them to interventions for lifestyle management.

Multiple programs are available to enable individuals to make lifestyle changes, achieve their health objectives and ensure they stay engaged with their programs. Individuals can enroll in personalized, six-week Healthy Living Programs designed to help them make key changes in behavior to reduce health risks. Preventive care reminders provide a stimulus for individuals to stay on course. Also, quarterly challenges keep programs fresh and interesting for participants.

# FLEXIBLE TECHNOLOGY PLATFORM

Working on a common platform ensures that all programs are delivered using a consistent clinical approach. The Health Portal is the gateway for individuals to access the interactive health programs and a wealth of health-related content provided by the industry-recognized Healthwise®. In addition, through the Health Portal individuals can:

- Learn from online seminars
- Assess their personal health record
- View their status in the incentive program
- Learn strategies for coping with conditions
- Review prevention and screening results

# COMMUNICATION AND INCENTIVE STRATEGIES

Our goal is to provide the tools you need to successfully launch or reinforce program participation among your population and generate enthusiasm for healthy lifestyles. Our turn-key communication strategy helps to create program awareness and promote health care management services for your population. In addition, the program provides an online resource center, Client Insights®, which provides valuable information and tools for you to use during implementation and after program launch. The tools include:

- Incentive ideas and tracking
- Communication solutions and plans
- How-to guides (Gaining Management Support and Recruiting Wellness Advocates)
- Case studies
- Presentation templates
- Program support for administrators
- Employee frequently asked questions
- Benefit to cost information

# ENROLLMENT PROCESS

It's simple. Participants first register by completing a profile, then take the wellness assessment and use the results to begin their journey toward better health. The portal's broad range of industry-leading content, tools and resources include:

- Wellness assessment
- Personal home page for each employee
- Healthy living programs
- Preventive care reminders
- Medical encyclopedia
- Chronic condition care guides
- Personal health record
- Virtual trainer
- Nutritional tools and resources
- HABITracker
- Access to Optional support services including Nurse Line, health coaching, and biometric screenings

# CONTACT

Please contact your Willis HRH Client Advocate to learn more about how Willis HRH partners with HR to manage human capital costs – one employee at a time.