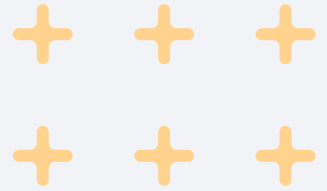


# 2021 Employer Well-being Resource Guide

Inside you'll find an overview of the health and well-being services and resources we offer employers. Use this guide to help support your employee well-being program strategy.





# Get support for your employee well-being program

We're committed to supporting your investment in the health and well-being of your employees. Whether you're looking for an economical, turnkey program or you want to sponsor a robust campaign with dedicated resources, we offer solutions for everyone. Our health management team can help you:

- ✔ Develop a strategic plan
- ✔ Understand your population's engagement in Providence resources
- ✔ Educate employees on relevant well-being topics with our toolkits and resources
- ✔ Host a well-being workshop
- ✔ Conduct biometric screenings
- ✔ Educate employees on their benefits during health fairs and open enrollment meetings



For more information, visit  
[ProvidenceHealthPlan.com](https://www.ProvidenceHealthPlan.com)



# Empower employees to engage in their well-being



**Wellness Central is an integrated online health and wellness hub that helps members translate health and wellness goals into meaningful action. Employees can take a wellness assessment, participate in wellness challenges and incentive campaigns, and access health education tools. Non-health plan members can also access Wellness Central with a special access code.**

## **Wellness Assessment**

The Providence wellness assessment gives members a picture of their overall health. Members receive an overall wellness score, a health report to understand lifestyle risk areas, and personalized recommendations to help improve their well-being. If more than 25 members complete the assessment, you'll receive an aggregate report of your population's top health risks.

## **Wellness Challenges**

Wellness challenges are a fun way to motivate employees to engage in their well-being. We offer four standard wellness challenges:

- + 10,000 Steps (number of steps)
- + Spring into Action (minutes of activity)
- + 5 a Day (fruit and vegetable servings)
- + Maintain Don't Gain (weight management)

Members are able to sync steps, cardio, and weight data to Wellness Central through various apps and devices. Participants many also use the manual trackers available in the portal.

## **Incentive Campaigns**

We offer a points-based solution that encourages members to engage in healthy habits. Individuals can earn points for tracking daily activities, completing health awareness activities, or self-reporting custom health actions. You'll receive reports throughout the campaign of your population's engagement.

## **Healthy Path App**

Access Wellness Central from the convenience of a mobile device anytime, anywhere. Members can complete a wellness assessment, enter their health actions, view their wellness metrics and more.

## **Access for Non-Providence Health Plan Members**

All employees, regardless of Providence Health Plan membership status, can access Wellness Central at no additional cost.

**For more information, contact your Health Management Consultant or Account Manager.**



When you're healthy, you can feel inspired to do great things for your community and the world at large. We believe healthcare is a human right — everyone has a right to quality healthcare. We're dedicated to the health and care of every member of our community, no matter where they live or who they work for.

Because everyone's well-being matters.

**Want support for your employee well-being program? Contact your Health Management Consultant or Account Manager. Or, email our team at [workplacewellness@providence.com](mailto:workplacewellness@providence.com)**

**[ProvidenceHealthPlan.com](https://www.providence.com/healthplan)**