



A feel-good way to engage employees and improve wellbeing

Self-Funded

univera[®]
H E A L T H C A R E

**Right here.
For you.**



Want to keep your business healthy? Focus on employee wellbeing

Many employers are finding that a wellbeing strategy can effectively work to help keep employees healthy, engaged and more productive.

According to Gallup, employees who strongly agree that their employer cares about their overall wellbeing are:

69%

less likely to actively search for a new job

71%

less likely to report experiencing burnout

3x

more likely to be engaged at work

5x

more likely to strongly advocate for their company as a place to work



A fresh take on wellbeing

If you think health and wellbeing programs are just about encouraging healthy eating and taking the stairs, think again. Our unique approach is driven by employee data and national benchmarks, and tailored to your workforce for maximum impact.

Your employees are your organization's greatest asset. Creating a culture of wellbeing where employees feel holistically supported by their employer helps them to be more engaged and productive, leading to greater retention and recruitment of talent.

We make sure **Workplace Wellbeing** doesn't feel like work

At Univera Healthcare, we understand the importance of investing in your employees' wellbeing — and strive to make the process as easy as possible.

Our Workplace Wellbeing approach

Our wellbeing team is comprised of health and wellbeing professionals who have expertise in nutrition, exercise science, population health management and health care administration. Our wellbeing team partners with you and your employees to develop targeted wellbeing strategies tailored to meet your needs. The result: greater satisfaction and engagement, and the best outcomes for your organization and your employees.

Whether you're just getting started or looking to take your wellbeing program to the next level, our team of wellbeing experts is here to help. We will work with you to:

- Collect and analyze claims and other company data to guide your wellbeing programming choices
- Understand your company culture, your industry, and your wellbeing goals
- Provide customized recommendations and work with you to implement your wellbeing strategy
- Provide programming for medical consumerism and lifestyle strategies, including how to find a primary care doctor or dentist, how to connect with Member Care Management, managing stress, and quitting smoking
- Educate employees about health plan tools, resources, and wellbeing perks
- Evaluate your programs and policies to see if they're working the way you intended and are supporting the wellbeing of your employees



Contact your broker or account manager to schedule a complimentary wellbeing consultation today.

What does **Workplace Wellbeing** look like?



Healthy Habits Challenges

Turnkey employee wellbeing challenges on topics like nutrition, movement, and mindfulness that include email templates, flyers, surveys, trackers, and more.



HealthyU

On-site biometric screening programs to create awareness for employees and employers on common health issues.



Perks 4 U

Discounts on gym memberships, acupuncture and massage therapy.



Rewards & Incentive Programs*

Our suite of rewards programs gives you the flexibility to choose what programs are right for you and your employees.

- Vitalize Rewards*
- Univera Fit Dollars
- Dental Rewards
- Wellness Your Way



Telemedicine

Access to medical and behavioral health care via MDLIVE®, and access to virtual physical therapy through Vori Health.



Wellframe® App

Mobile app connects members directly to our Member Care Management team to answer questions, manage medications, and help achieve health goals.



Resources and Education

Employee education on how to access all the resources available through their health plan, like the Find a Doctor tool, wellbeing resources, on-demand videos, and more.



Tobacco Cessation Support

Free support program to help employees successfully quit using tobacco.



Vitalize^{SM*}

An innovative wellbeing program that engages members in their health and wellbeing through content, health risk assessments, challenges, and more – all in one place.

Our suite of Vitalize Rewards* programs offers you an incentive program that gives you the flexibility to choose what programs are right for you and your employees.

To further enhance the Vitalize experience, additional Certified Partners* are available focusing on various dimensions of wellbeing, such as fitness, weight loss, nutrition, stress management and financial.



Foodsmart through Vitalize*

Foodsmart empowers members to make sustainable changes to eating behavior and health outcomes through its dietary assessment quiz, recipe search and grocery list tool.



Headspace through Vitalize*

A leading mindfulness-based mental health benefit app that helps members take care of their minds. The app includes hundreds of exercises and meditations for stress relief, focus, productivity, and sleep.



Caring for real people | Meet Michelle

Young, talented, and driven, Michelle is viewed by many as a future leader and seems destined for the boardroom. She's on the fast track. And she's not going to let anything stand in her way.



With as much ambition as potential, Michelle pushed herself — but soon found the stress overwhelming. She has been **trying to manage her anxiety** with different medications for several years without any luck.

She considered looking for a new job, but knew her current position offered great opportunities for growth.

It turns out that **Michelle wasn't alone**. A lot of people in her office were stressed.

With the help of their Wellbeing Engagement Consultant, Michelle's employer developed a multi-pronged strategy to address stress in the workplace. They offered on-site meditation and yoga classes, created a relaxation room that employees can visit to de-stress, and regularly promoted resources such as telemedicine and their Employee Assistance Program.

Michelle was also able to schedule a consultation with a therapist using the telemedicine services available to her.

By taking full advantage of these programs, and working with her doctor, Michelle now has better coping mechanisms for her stress, and feels like herself again.



What it means for your team

Workplace wellbeing is more than just helping people get in shape and make healthier choices. It's about giving your team the personal support they need to keep morale and productivity high. When you show them their employer genuinely cares about their wellbeing, employees will care even more about doing a good job.

4 reasons to partner with us for workplace wellbeing

All programs are not created equal. Here are a few of the ways that our unique approach to wellbeing makes it far more than an employee perk.

1 Our approach

Now more than ever, your employees need a comprehensive approach to wellbeing — one that brings people, programs, and tools together to protect their physical, emotional, and financial wellbeing.

2 The right resources

We leverage a blend of health plan data, resources, and clinical expertise to build you a custom wellbeing strategy.

3 Proven experience

We stay current on the latest industry-specific standards and best practices so we can share them with our clients.

4 Connected to the community

We have deep relationships with wellbeing vendors and partners in the community to bring you added value.



Any way you look at it, maintaining a healthy, happy workforce is just good business. Start investing in employee wellbeing today.

UniveraHealthcare.com





Right here. For you.

Headspace is a preferred partner of Personify Health. Personify Health is an independent company and offers a digital wellbeing service on behalf of Univera Healthcare.

MDLIVE is an independent company, offering telehealth services in the Univera Healthcare service area.

Vori Health is an independent company that offers virtual musculoskeletal (back, neck and joint) health care and physical therapy services to Univera Healthcare members.

Wellframe is an independent company that provides a health and wellness support mobile app to Univera Healthcare members.