



**Wellbeing Programs**  
Self-Funded

**A feel-good way to  
reduce risk and control costs**

**univera**<sup>®</sup>  
HEALTHCARE

Right here.  
For you.

# What does workplace wellbeing look like? \*



## Healthy Habit Challenges

Turnkey employee wellness 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.



## 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.



## Advance Care Planning

Tips and advice for advance care planning that includes health care proxy and living will documentation.



## Resources and Education

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



## Vitalize<sup>SM</sup>

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



## Headspace

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.



## 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
- Dental Rewards
- Univera Fit Dollars
- Wellness Your Way

# 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 and help keep health care costs low.

**38%**

more engaged when employees believe their employer cares about their health and wellbeing\*

**28%**

of employees are more likely to recommend their workplaces\*

**92%**

of organizations now offer at least one type of wellness benefit to employees

**17%**

of employees are more likely to still be working there in 1 year\*

**18%**

of employees are more likely to go the extra mile for the organization\*

**\$2,554**

less in Workers' Comp claims\*

## 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.

We believe our wellbeing programs can be invaluable in identifying high-risk individuals and helping them make changes before serious conditions develop and expensive claims get filed. Ultimately, with these programs in place and employees armed with actionable data and a healthier path forward, it will help stabilize rates and keep your costs in check for years to come.

# We make sure Workplace Wellbeing doesn't feel like work.

At Univera Healthcare, we understand the importance of investing in your employees' health 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 savings, 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 health data to guide your wellbeing programming choices
- Understand your company culture, industry-specific insights and 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, taking prescriptions as directed, 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



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

# 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 workplace wellbeing consultant, Michelle's employer created a relaxation room that employees can visit to de-stress during intense periods of work.

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 health, employees will care even more about doing a good job.

# What makes us different?

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 Driven by hard data

From top risk factors and areas where employees are ready to make changes to risk-based savings opportunities, we offer the most in-depth wellbeing analytics and reporting on the market.

## 2 Enlightens and motivates high-risk employees

The people who pose the greatest risk often aren't even aware of how serious their conditions are or may become. Our proactive approach helps identify these folks early on and provide actionable information to jump-start healthy changes before it's too late.

## 3 Customized by health and wellbeing professionals

Your consultant leverages all the reports, benchmarks, statistics, and data we collect from your team to create a wellbeing program that is uniquely yours — and will have the greatest impact with employees.

## 4 Designed for lower rates

It's a cold, hard fact: unhealthy employees cost everyone more, including the employees themselves. We put more focus on health and wellness than most because we know it can be effective in keeping rates affordable and avoiding increases in the future.

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.**

Copyright © 2024, Univera Healthcare. All rights reserved.

Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Univera Healthcare.

Headspace is a preferred partner of Virgin Pulse, offering a meditation app to our members. Virgin Pulse is independent 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.

UN-2908 / 18671-24M