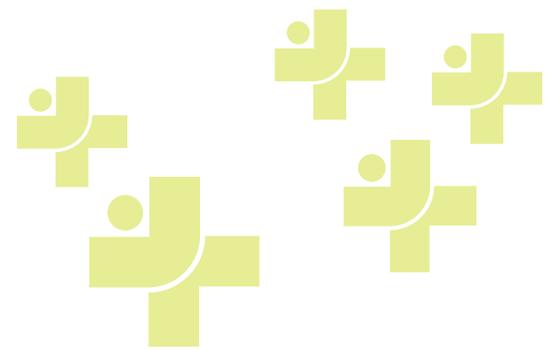




**HealthyPartners**  
by UPMC Susquehanna

**A Provider-Powered Wellness Solution**



## Keys to Wellness Success

Healthy Partners will work with you to improve wellness at your workplace, to encourage a culture of wellness and to help reduce healthcare costs.

**Our program guides you in four areas:**

- 1 Awareness - Health Risk Assessments**  
Learn the diseases for which your employees are at risk and what they can do to prevent and manage these conditions.
- 2 Engagement - Biometric Screens and Basic Blood Chemistry**  
Provide individuals with information about their current health status.
- 3 Accountability - Incentives**  
Offer employees incentives for healthy behaviors.
- 4 Culture of Wellness**  
Provide wellness initiatives on a consistent basis, year-round.

**Healthy Partners can assist your organization with the following:**

- Define individual and group health at your company
- Screen your employees to identify individuals at risk
- Educate and coach employees
- Implement wellness initiatives

As the leading health system in northcentral Pennsylvania, we're well-prepared to be the wellness extension of your company. We are familiar with local wellness resources, because we're a part of your community. Our team of experts has experience through our occupational health program, and we provide services at cost to our Healthy Partners participants.

## Case for Wellness

According to the *Harvard Business Review*, for every dollar invested in wellness, employers see an average savings of \$2.71.

## Unhealthy Workers Cost More

- Higher private healthcare costs
- Higher workers' compensation injury costs
- Lower productivity
- More missed time from work

## Return on Investment

UPMC Susquehanna developed a wellness program for its own employees that saved nearly \$2.8 million over five years. In 2015, UPMC Susquehanna credited the wellness program for a savings of \$2,550 per employee, per year, when compared with the average healthcare costs for employees in Pennsylvania.

## Don't Get Left Behind

- 61%** of employers offer a wellness plan.
- 62%** of participants say benefits are an important reason they remain at their current company.

## Healthy Partners Plans

Because we understand that wellness programs are not one-size-fits-all, we have two different plans, featuring different levels of engagement to meet the comfort of your organization. The Additional programming is tailored to the needs of your organization.

According to a research study performed by the RAND corporation, Incentives are associated with a 20 percentage point increase for wellness programs. At Healthy Partners, we believe that incentivizing your employees to engage in healthy behaviors is the way to break down common barriers to not participating in a wellness program. In the communities that you live and work, the most successful wellness plans offer employees incentives to engage in healthy behaviors.

### Incentivized Plan

- Multi Diagnostic Blood Screening
  - Includes A1c and PSA
- Biometric Screening and Vital Sign Assessment
- Online Health Risk Assessment
- One Community interactive wellness platform, includes incentive management tool.
- Two Lunch-N-Learn sessions, focused on risks identified in your health risk assessment and screening process.
- Additional On-Site screenings as identified in your Group Health Report
  - Example: EKG, Bone Density, etc.
- Personal Health Report mailed to your employees to identify their key health risks
- Monthly Health Coaching
- 15% off YMCA Membership

### Non-Incentivized Plan

- Cholestech - Lipid Panel Assessment
- Biometric Screening and Vital Sign Assessment
- Online Health Risk Assessment
- One Community interactive wellness platform
- Two Lunch-N-Learn sessions, focused on risks identified in our health risk assessment and screening process.
- 10% off YMCA membership

### Best Practice Incentive Examples:

- Monetary reward through payroll processes
- Money distributed into a Health Reimbursement or Health Savings Account
- Bi-weekly benefits premium reduction