## **KEY IMPLEMENTATION STRATEGIES**

Key Strategies to Implement a Successful Employee Wellness Program



The majority of U.S. companies offer wellness programs, with benefits ranging from a reduction in healthcare costs, decreased absenteeism, a favorable return on investment and higher employee productivity and performance.

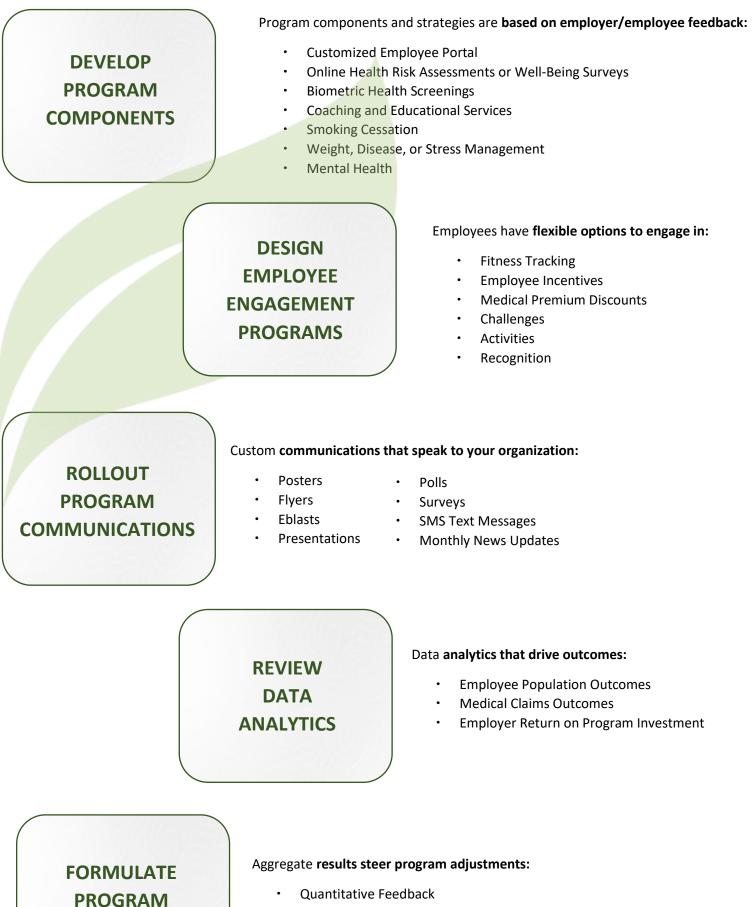
Implementing an outcome-based program focuses on these key strategies to substantiate employer commitment and promote favorable employee engagement from the initial presentation of the program:

## ESTABLISH MANAGEMENT COMMITTMENT

With a commitment from management an internal wellness committee is **created for program oversight.** 

## IDENTIFY PROGRAM BENEFITS

Program benefits for employer and employee are **targeted through data collection.** 



## **ADJUSTMENTS**

- Etc.
  - Etc.

Introducing change to employees is to understand their personal perceptions of health care and to evaluate what stage of behavioral change they are in. HealthYou clinicians evaluate completed health risk assessments (HRA) or wellbeing surveys and administer onsite health screenings. Through the assessments and survey and health screenings, employees become familiar with their health care scores and understand what they need to do to improve their risk scores and health factors over time.

**Employers receive and evaluate aggregate health reports outlining major areas of health risks within their employee population.** The results of these reports determine next levels of targeted wellness-oriented activities for HealthYou to develop and implement.

