



## **UnitedHealth Wellness<sup>SM</sup>** **Resources and tools to stay healthy.**

### **Feel Good. Be Healthy. Live Well.<sup>SM</sup>**

Happy, healthy employees are better for your business. Help your employees improve health behaviors by taking advantage of tools and services offered through UnitedHealth Wellness, which is part of our focus on Total Affordability Management<sup>SM</sup>. Together, our long-term commitment to workplace wellness has the potential to positively influence health care costs.

The UnitedHealth Wellness suite of tools and services are integrated with UnitedHealthcare's clinical programs, helping address more complex health conditions and diseases and are included with your basic medical benefits at no additional cost.

**UnitedHealthcare<sup>®</sup>**  
Healing health care. Together.<sup>SM</sup>

# You want your employees to be healthy. So do we.

Use UnitedHealth Wellness programs and services to support your efforts to keep your employees healthy.

By promoting workplace health through UnitedHealth Wellness, you'll be on your way to:

- Increasing productivity
- Lowering your overall health care costs
- Reducing absenteeism
- Promoting employee satisfaction

Make wellness important in your workplace and influence and improve your employees' health and lifestyle behaviors.

## Understand the value of providing wellness programs and tools in the workplace

**For every 100 employees, many have lifestyle-related health risk factors.**

**62** don't exercise

**60** are overweight or obese

**49** drink regularly

**30** have anxiety or depression

**22** have hypertension

**21** smoke

**21** have arthritis

**12** have heart disease

**7** have diabetes

**7** had cancer

**2** have had a stroke

U.S. Department of Health and Human Services, 2006.

## The path to wellness begins with understanding our health

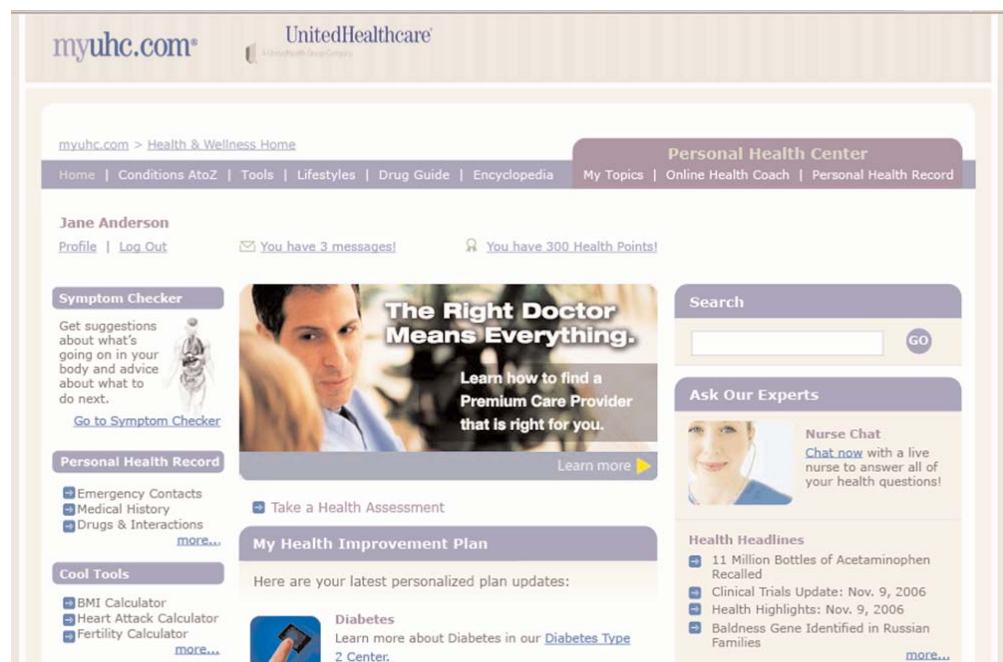
Before your employees can begin to lead healthier lifestyles, they have to understand their current health situation. You can help employees identify current and future health risks by encouraging them to use the tools and resources from UnitedHealth Wellness.

### Health Assessment\*

The Health Assessment, available on **myuhc.com**<sup>®</sup>, is a premier health awareness tool from the University of Michigan Health Management Research Center that assesses health status. Members provide answers to health and lifestyle questions which are analyzed and compiled into a confidential personal health report. This report helps members begin to understand their lifestyle and health risks while recommending preventive steps and changes to improve their health and reduce their risk.

### Personal Health Record

Members can manage their medical records online at **myuhc.com** using the Personal Health Record. They will have access to information on medical history, office visits, lab test results, prescription medications and possible drug interactions 24 hours a day, seven days a week.



\*A paper Health Assessment is also available in both English and Spanish. For some customers, there may be an additional charge. Please see your broker or UnitedHealthcare representative for more information.

## **Educate employees and empower them for better health**

Once your employees understand their current health situation, they are ready to learn how to make better choices and lead healthier lifestyles. Your employees can use educational resources from UnitedHealth Wellness to become better informed.

### **Personalized content and tools**

Making the best health care decisions is important, so we've provided easy to understand health information, tools, and trackers on **myuhc.com** from a variety of credible sources. Based on an employee's age, gender, and their health and claims records, they'll see messages, reminders, and online coaching personalized for their health situation.

### **24-hour Help Lines**

Members have access to nurses and master's level counselors using our help lines 24 hours a day, 365 days a year. These professionals help educate members on a variety of health topics including illness, wellness tips, nutrition, prescriptions and over-the-counter medications. They also counsel members on illnesses or injuries, guiding them to make more informed health care decisions.

### **Mental Health Programs**

The research, resources and professional support employees need to improve life at home and at work are available through United Behavioral Health. Located online at **www.liveandworkwell.com**, United Behavioral Health programs integrate all the advantages of employee assistance programs with generous behavioral health benefits, so your employees can get personalized care for everyday concerns and more serious emotional health and substance abuse problems.

### **Health & Wellness Publications**

Your employees can register to receive the latest healthy living information through the Healthy Mind, Healthy Body e-newsletter.

## Supporting healthy lifestyles leads to successful behavior change

By making small lifestyle changes, your employees are on the road to healthier living and fewer health claims. Your employees can access tools and programs from UnitedHealth Wellness to make behavior changes and better health choices on a daily basis.

### Online Health Coach Programs

The Online Health Coach creates health improvement plans that help motivate and encourage members to adopt behaviors that lead to a healthier lifestyle. Each improvement plan offers customized information, health and wellness plans, tracking tools, quizzes and action steps to help members achieve their personal goals and to promote participation.

### Preventive Care Reminders

Preventive care is critical to helping your employees prevent illness or detect and treat it at an early stage. Members receive personalized reminders for preventive care treatments and screenings such as mammograms, diabetic eye exams, immunizations and more to help them be proactive about remaining healthy.

### Health & Wellness Discounts<sup>1</sup>

Encourage your employees to participate in healthier living by offering them discounts on health-related products and services not covered by most health plans. Wellness products - including exercise, nutrition, weight management, vitamins and supplements, and other general merchandise - are offered at up to 50% savings. Members also have access to special discounts on the following services:

- **Alternative Care Services** - such as chiropractic, acupuncture, natural medicine and massage therapy
- **Vision Care** - including LASIK and other vision correction surgeries
- **Dental** - including teeth whitening, straightening and other cosmetic dentistry
- **Long-term Care** - such as adult day care, assisted living, home care, nursing facilities, or medical supplies
- **Hearing Care** - including aids and other listening devices

<sup>1</sup> Subject to change without notice.

## Take the next step to promoting wellness

By leveraging UnitedHealth Wellness tools and services, you can increase member awareness and motivation to help your employees begin making positive changes at work and in their personal lives.

### myuhc.com

Many employee tools and resources are available on **myuhc.com** by clicking on the Health & Wellness tab. For a demonstration of the available features and benefits, visit **www.welcometomyuhc.com** or speak with your broker or UnitedHealthcare representative for more information.

### Employer eServices®

Access the Communication Resource Center on Employer eServices® to download employee marketing and promotion tools like newsletter articles, workplace wellness plans, e-mail messages, brochures, posters, and fliers to help promote health and wellness at work.

### Reporting

Track employee involvement using the Health Assessment Participation Report available on Employer eServices. And, if you have more than 100 completed Health Assessments in your group, you can request a Population Health Management Summary Report to identify your most prevalent employee health risks. Speak with your UnitedHealthcare representative for details.

The screenshot displays the UnitedHealthcare Communication Resource Center website. The header includes the site name, a search bar, and the UnitedHealthcare logo. A navigation bar features three tabs: Programs & Services, Health & Wellness (which is selected), and Communication Tools. Below the navigation bar is a large banner image of a woman working at a desk. The main content area is titled 'Health & Wellness' and lists several resources: 'Wellness 101 Booklet', 'Nutrition & Weight Control', 'Smoking Cessation', 'Stress Management and Depression', and 'Back Pain'. Each resource has a small icon and a brief description. On the left side of the page, there is a sidebar with a 'Health & Wellness Tools' section containing links to Health Assessment, Training Programs, Health Fair Guides, Workplace Wellness Programs, Educational Tips, and UnitedHealth Wellness. Below this is a 'COMMUNICATION PLANNING' section with a 'Calendar' and a 'Newsletter' section. At the bottom of the page, there is a footer with navigation links and a copyright notice for UnitedHealthcare Services, Inc.

## **Incentive Programs**

Reward employees for completing the Health Assessment. Use the Health Assessment Participation Report to track and manage employee participation. Speak to your UnitedHealthcare representative about creating an incentive program that's right for you.

## **Workplace Wellness Programs**

Customize a workplace health and wellness program using tools on **myuhc.com**. We'll help guide you through a successful wellness program for your employees using sample plans and turnkey programs located on the Communication Resource Center.

## **Making your Wellness Program work in the workplace**

There are several key elements to creating a successful wellness program for your organization and your employees.

### **Commitment**

Your organization's commitment to improving the health of your employees begins at the top. Management involvement in planning and funding, as well as active participation helps show employees you are serious about wellness.

### **Support**

Providing a positive environment for your employees helps elicit change. By offering scheduling flexibility to accommodate wellness programs, you are encouraging employees to participate in healthy activities.

### **Encourage**

Don't forget to reward employees for desired, healthy behaviors. They will be more likely to repeat those behaviors until, eventually, they have made a healthy lifestyle change.

### **Questions about UnitedHealth Wellness?**

Your UnitedHealthcare representative will be glad to discuss our health and wellness solutions with you.

**Reward employees for completing the Health Assessment. Use the Health Assessment Participation Report to track and manage employee participation. Speak to your UnitedHealthcare representative about creating an incentive program that's right for you.**

Insurance coverage provided by or through United HealthCare Insurance Company or its affiliates.

Administrative services provided by United HealthCare Insurance Company, United HealthCare Services, Inc. or their affiliates.

UnitedHealth Wellness is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations.

Some UnitedHealth Wellness programs and services may not be included in all medical plans or for all customers and individuals. Program and services are subject to change at any time.

**UnitedHealthcare<sup>®</sup>**  
Healing health care. Together.<sup>SM</sup>