

## HEALTH RISK ASSESSMENT (HRA)

As part of the continuum of care, Health Risk Assessments offer early identification of potential health issues and current unmet needs. A HRA enables healthcare professionals to identify lifestyle choices, predispositions and other factors that may contribute to a member's health issues.

This comprehensive, 64 question test measures many areas of a person's health & lifestyle factors, including:

- Overall wellness
- Heart health
- Cancer risk
- Diabetes
- Osteoporosis risk
- Nutrition
- Physical fitness
- Mental health
- Safety practices
- Weight-related risk

Once results have been evaluated, members will receive an individualized 14-page report that focuses on their overall wellness score, risk ratings, recommendations for health improvement, next steps and much more.

ADVANTAGE utilizes one of the country's best HRA's, the Wellsource Personal Wellness Profile ADVANTAGE Edition. Our HRA can be accessed online and our marketing and tech teams can create custom landing pages that will integrate seamlessly with your existing delivery systems. Additionally, our HRA pages are fully customized to your company including logos, branding and messaging.

HRA's do more than identify members at risk for common diseases. They also help members partner with their healthcare professionals to design and implement a comprehensive health plan based on their individual needs. And ultimately they benefit your company. Benefits of HRA's include:

- Reduction in healthcare costs by decreasing the number of medical claims for preventable injuries and illnesses
- Increase in productivity by combating absenteeism
- Provides a baseline to track health improvements and demonstrate cost savings
- Identifies current health risks within your organization, so you can offer tailored and effective interventions
- Attracts top talent and retains key employees by fostering a healthy corporate culture

### DID YOU KNOW...

that 77% of America's leading employers offer formal health and wellness programs?

## ADVANTAGE HEALTH ZONE

The ADVANTAGE Health Zone is free to all members, employers, spouses and dependants that are affiliated with the healthcare products that we offer. Found at our website [www.advantageplan.com](http://www.advantageplan.com), the ADVANTAGE Health Zone offers online resources and information including:

- Health Zones or comprehensive education tools based on a specific illness, i.e. Diabetes
- Online reference library with information on diseases & conditions, up to date health news and much more
- Interactive calculators & tools
- Drug & safety tips
- Family health advice and planning



### CONTACT US FOR MORE INFORMATION

For more information on our wellness services and products, please contact our dedicated wellness department at 1-866-559-5350 or email us at [wellness@advantageplan.com](mailto:wellness@advantageplan.com)

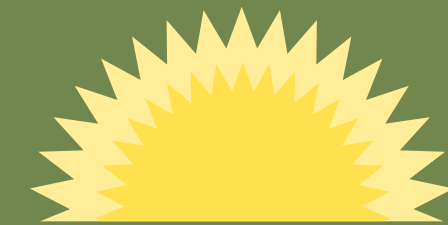


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# WELLNESS WITHIN



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**DID YOU KNOW...**  
that 87% of a person's health is directly attributed to his or her own behavior?



**DID YOU KNOW...**  
that preventable illnesses account for eight of the nine leading categories of death?



ADVANTAGE Health Solutions, Inc.<sup>SM</sup> (ADVANTAGE) is an Indiana based health plan providing managed care solutions that improve outcomes, keep cost affordable and enhance the health and wellness of the communities we serve. It is our goal to improve the quality of life for our members, reduce their health risks and also contribute to the overall savings for healthcare utilization and its costs.

The long term health and well being of your employees is an important part of your company's success and long term vitality. That is why ADVANTAGE has designed a wellness program with all the necessary components to help you manage the complicated issues and challenges that healthcare may present for you and your employees.

By incorporating a wellness program as part of your overall healthcare benefits, you are not only helping to enhance your employees lives *today*, you are also encouraging them to learn valuable health lessons that they will carry with them into the future. Additionally, by fostering a positive, preventive and integrated wellness focus within your company, you will experience a direct financial benefit to your bottom line in terms of healthcare savings.

## WHAT IS A WELLNESS PROGRAM?

A Wellness Program is designed to work in tandem with your existing healthcare provider program. Its aim is to improve the quality of life and well being for your employees as well as focus on strategies and behaviors that will help in the prevention and management of illness and future health concerns.

The ADVANTAGE Wellness Program is based on 5 Core Principals:

- Employers, employees, physicians, group health insurance carriers and worksite health vendors coordinate efforts to improve health
- Wellness programs should include a staff of full-time health professionals
- Wellness programs should utilize a data management system to simplify health management
- Creative implementation strategies are needed to maximize participation and results
- Worksite Wellness programs must be integrated with disease management



**DID YOU KNOW...**  
that preventable illness makes up approximately 80% of the burden of illness and 90% of all healthcare costs?



## OUR WELLNESS PRODUCTS

### Mountain of Wellness (MOW)

The Mountain of Wellness program was designed by ADVANTAGE to supplement our healthcare plans with a focus on employees controlling and contributing to their own fitness and well being.

The MOW is a points-based incentive program that rewards our members for participation. For example:

- Members can earn points for exercise and involvement in physical activities
- Members earn points for preventive health exams that are based on age & gender i.e.: physicals, pap smears, colon cancer screenings and mammograms
- Members earn points for completing preventive services like eye & dental exams and flu vaccines
- Members are eligible to earn points for other healthy lifestyle choices including biometric screening, smoking & tobacco cessation and weight management

A key factor in the MOW program is the emphasis on the employer, employee, healthcare professionals and the insurance provider to systematically invest in the well being of each individual member.

The members are rewarded and recognized for actively participating in their health and fitness lifestyle. Additionally, with employees spending more and more time in the workplace, the need for corporate support and involvement is increasing every year. The MOW program allows all parties to contribute something to the process.

As an employer that offers an ADVANTAGE healthcare plan, you are eligible for a discounted rate to offer the MOW program to your employees based on the number of participants that your company enrolls. You are also given the opportunity to offer the MOW plan to individuals not on the health plan policy for an additional cost.

We provide our MOW members with access to a dedicated website, in which members can view their points and progress, submit points and find resources that will enhance their existing program. Prizes are awarded to members once they reach benchmark point levels throughout the calendar year. Points are redeemed at the end of the year for a gift card.

### Biometric Screenings

Biometric screenings provide real, accurate and quantifiable data that ensures that your company is targeting the right risk factors for your employee population. In all areas of life being prepared, informed and educated about potential risks empowers us to make better choices and have better outcomes.

Many illnesses, both preventable and non-preventable, sneak up on us. But, many, many more can be detected early through preventive lifestyle choices, risk assessment and testing. Looking and feeling good on the outside is not always a clear indication that a person is free from illness on the inside.

ADVANTAGE will assist your company with these important and informative screenings. We offer year round screenings conducted at your worksite for the convenience and comfort of your employees. We will also provide your team with marketing tools, set up recommendations, sign-up sheets and guidelines as well as all of the equipment and supplies that are necessary for conducting a successful event.

