

One company. Three customizable packages. Countless options.

Introducing our easy-to-use and comprehensive wellness program – **all under one umbrella**. It's tailored to your needs, can evolve and grow over time and offers three levels so you can determine exactly what you need to create a culture of wellness and reap the benefits. Plus, each package can act as an incentive for talent recruitment and employee retention. You pick, we handle the rest.

Your Plan

As a part of your Medical program with Horizon, your company currently has access to:

Wellness Start

Our basic wellness package focuses on employee health and productivity, including:

My Health Manager: Tailored online tracking and assessment tools, recommendations and educational content, powered by WebMD®

Healthy Living Discounts: Fitness, healthy eating, lifestyle and personal care savings through Blue365®

Online Health Education: Monthly wellness webinar, WebMD® videos and other online resources

PRECIOUS ADDITIONS®: Pregnancy resources, including a maternity health coach and counseling from registered nurses

Level Up!

Amplify your offering, reaping even more benefits with these customizable packages:

Wellness Engage

Engages employees with wellness incentives in and out of the office and is great for attracting new talent and helping with employee retention:

- **Worksite Wellness:**
 - Biometric screenings
 - On-site nutritional resources
 - On-site health education seminars
- **bFit:** Gym incentives with mobile tracking and cash rewards
- **Incentive Platform:** Rewards for healthy initiatives, like screenings and seminars
- **Flu Shots:** Convenient clinics that come right to you
- **Fitness Device Integration:** Connects personal activity monitors or medical devices to a portal to track health and wellness progress

Wellness Improve

Makes an impact on your employees and your organization by focusing on risk evaluation, assessment and coaching to foster lasting health benefits:

- **One-on-One Coaching:** Personalized counseling for those at high, moderate and low risk for health issues
- **Smoking Cessation Program:** A 12-week program that can include prescription therapy
- **Obesity Management Program:** Weight loss resources and coaching from registered dietitians, registered nurses and exercise specialists

● Program add-on

Did you know?

A 1% reduction in excess weight, high blood pressure, glucose and cholesterol levels saves \$83 to \$103 annually in medical costs per person.

– Centers for Disease Control and Prevention

Use **My Health Manager** to help track and encourage healthy habits.

About 80% of adults experience back pain at some point in their lifetime, leading to job-related disability and missed workdays.

– National Institute of Neurological Disorders and Stroke Low Back Pain Fact Sheet

Encourage exercise with our **bFit** gym incentives.

Each smoker costs their employers an estimated \$5,800 to \$10,125 annually.

– 2013 Ohio State University study

Help your employees kick the habit with our **Smoking Cessation Program**.