

We made it simple.



Yes you can create a tailored and comprehensive wellness program at your company. Contact your Horizon rep or visit Horizonblue.com/horizonwellness for more information.

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Yes

there's Wellness on *your* Horizon!



**Horizon
Wellness**

One company. Three customizable packages. Countless options.

The health of a company usually refers to a healthy bottom line, but Horizon Wellness understands that your employees are the lifeblood of your company. When employees are healthy they're more likely to be happy, motivated and engaged in their work. Oh, and they're also less likely to miss work due to illness, making them—and you—more productive.

We made it simple.

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 tiered levels so you can determine exactly what you need to reap the benefits of wellness. We handle the rest.

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Good things come in Wellness packages.

WellnessStart

Our most basic program supports employee health and productivity with health assessment tracking, educational resources and healthy living discounts.

WellnessEngage

Engage employees with wellness incentives in and out of the office. From worksite biometric screenings and flu shots to gym reimbursements, tracking tools and rewards, these are a great incentive for talent recruitment and employee retention.

WellnessImprove

Makes the most impact on your employees and your organization by focusing on risk evaluation, assessment and coaching. These programs ramp up the offerings for more long-term wellness results.

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Your Plan

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

Wellness
Start

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

YOU
CAN ALSO
ADD

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

*only available with Nurse-line

Level Up!

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

Wellness
Engage

Wellness
Improve

Worksite Wellness:

- Biometric screenings
- On-site nutritional resources
- On-site health education seminars

Incentive Platform: Rewards for healthy initiatives, like screenings and seminars

bfit: Gym incentives with mobile tracking and cash rewards

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

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?

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

– Center 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 lifetimes, leading to job-related disability and missed work days.

– 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 a year or up to \$10,125 annually.

– 2013 Ohio State University study

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