

WELLBEING SOLUTIONS

Holistic care for a healthier, more productive workforce

Wellbeing Solutions is designed to improve your employees' total financial, emotional, physical, community and social well-being. This program uses a whole-person approach to build a clear picture of each employee's health. Together, we work to help your employees get – and stay – in better health.



Awareness

Using the power of data and artificial intelligence (AI), our programs can identify your employees' health risks early and connect them to the care and resources they need. This helps your employees stay healthy and get back to work faster if they're sick or injured.



Engagement

Wellbeing Solutions gives your employees the tools, resources and positive reinforcement they need to stay on track with their health and wellness goals, resulting in a more satisfied, engaged workforce.



Outcomes

By giving your employees a holistic well-being experience, they can stay healthier over the long term. This means higher productivity for you, and overall cost-of-care savings for everyone.

THE RESULTS ARE CLEAR

Companies with higher employee well-being report higher revenue per employee, lower health care costs, fewer days lost and **70% fewer stressed members**.¹

WELLBEING SOLUTIONS COMBINES A FULL SUITE OF BENEFITS WITH SUPPORT FOR A WIDE VARIETY OF HEALTH GOALS — ALL IN ONE COMPLETE PROGRAM.

Unparalleled value

Our foundational program delivers the right case management and decision support products

Reach each of your employees no matter where they are on the health care spectrum – whether an employee population has heavy chronic conditions or is very healthy.

Sydney Health makes the optimal personalized experience possible

Our fully integrated digital platform offers members a groundbreaking web and mobile health care experience. Each member's experience is highly customized, enabling better care coordination, encouraging preventive care and motivating healthy habits.

Engagement packages deliver targeted encouragement based on your goals

Employees receive motivating rewards through tracking their health and well-being and staying actively involved in their health.

Data and technology deliver insights that drive health awareness and tailored resources to employees

Powered by new kinds of data and algorithms, we build a richer understanding of each member. We use this to connect them with a targeted level of care and resources to bring awareness at the right time.

A focus on whole-person health

One complete experience designed to:

Bring awareness

- Risk reduction via early identification and outreach to members.
- Personalized health dashboard to help members increase awareness and invest in their health, including a health assessment to get started and programs to provide further support.
- Outstanding member service, whole-person support, and helpful resources.

Drive engagement

- Incentives for lifestyle, preventive and condition-specific actions.
- Industry-leading digital platform ensures members are always connected.
- Personalized and guided decision support, educating members on health care gaps and helping them reach their health goals.

Deliver quantifiable results

- Improved health, member education and health awareness.
- Increased productivity, faster return to work for illness or injury.
- Condition-specific cost savings.
- More health care-engaged workforce.



Ask your Sales account representative for more information.

1. Willis Towers Watson 23rd Annual Best Practices in Health Care Employer Survey, 2018.

2. Anthem actuarial analysis, 2019. Excludes programs embedded in base fee. Actual return on investment should be higher factoring in impact on productivity, absenteeism and sentinel effects (improvements in performance when participants know they're being evaluated).

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