

Boost health

Wellness programs have emerged as a key strategy to control healthcare costs. Yet, many of them have no direct connection to other key aspects of care management. Our program stands out. As a complement to Health Advocate's Core Health Advocacy service, our Wellness Advocate™ program is made available in two options, at an additional cost. The program offers a unique approach that integrates healthcare help and wellness. We provide two-way support for employees across a full continuum of healthcare help and wellness needs. They receive a convenient, comprehensive program, which can also feature personalized Coaching, to improve their health and, if needed, can be easily transitioned to personalized help for healthcare and insurance-related issues. Our integrated approach to wellness improves outcomes and helps maximize your overall benefits investment.

Health Advocate **Wellness Advocate™**



HEALTH
Advocate™

Health Advocate Wellness Advocate™

A total approach for healthier employees and a healthier bottom line

Our Wellness Advocate program is designed to help employees make healthy lifestyle changes and to reach their personal health goals. The program integrates with our Core Health Advocacy service, assisting employees with healthcare and insurance-related issues.

The Wellness Advocate program is made available in two options:

Option 1 - Telephonic and Online Coaching

- Unlimited Wellness Coaching by telephone or email
- Online Health Risk Assessment (HRA) summarizes risks for diseases and ways to reduce them, including lifestyle changes
- Online Wellness Workshops
- MedChoice Support™ online tool helps employees understand medical care options to make informed decisions about tests, treatments, procedures and medications
- Online health trackers chart progress and measure health markers, such as high blood pressure
- Trustworthy, online health information, A-Z

- Management reports provide aggregate HRA summaries and Coaching participation
- Customized incentive planning available
- Available add-on options, including biometric screenings and outbound calls

Option 2 - Self-directed Model

- This option includes all of the above items with the exception of Wellness Coaching by telephone or email

The Wellness Advocate Advantage:

- Integrates seamlessly with Core Health Advocacy
- Personalized and action-oriented to help employees more easily reach health goals
- Covers the employee, their spouse and dependent children age 18 and older
- Addresses spectrum of health, wellness and administrative issues
- Reduces risk, illness, absenteeism
- Improves health outcomes
- Easy to install
- Year-round, turnkey communications

Our **Core Health Advocacy** + Health Advocate **Wellness Advocate™** offers personalized two-way support for better health outcomes.

It's what sets us apart.

For more information

Contact Health Advocate or your broker to arrange a meeting to learn more about the Core Health Advocacy service and our spectrum of add-on solutions, including Benefits Gateway and Health Information Dashboard, Wellness, EAP+Work/Life, Pricing Decision Support and HR programs.



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About Health Advocate

Health Advocate™, Inc., the nation's leading independent healthcare advocacy and assistance company, provides a spectrum of time- and money-saving solutions to more than 21 million Americans through its extensive employer and plan sponsor relationships. The company also offers a direct-to-consumer advocacy service, called Health Proponent®, to individuals who are not part of groups. Founded in 2001, the company is headquartered in suburban Philadelphia with sales offices nationwide.

Independent. Confidential. Convenient.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

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