Growing Wellness



Workplace Wellness and Care Management

SecurityHealth Plan℠

Promises kept, plain and simple.®

Member-centric care inspires *healthy workers*

Security Health Plan's Workplace Wellness program is an integration of traditional health and wellness features with advanced care management services to enhance employee health and wellbeing.

It begins by aligning employees with a primary care provider to receive a **routine preventive exam**. Having a regular primary care provider leads to early identification of health issues before they become costly to treat. Next, employees complete a health assessment and receive an action plan and resources to reduce risks. In addition, employers get **regular reports of employee health issues** such as stress, weight management, nutrition, exercise, and more.

Beyond health assessments and risk identification, we provide valued assistance to help employees manage chronic conditions and get the care they need to recover after a hospitalization.



SecurityHealth Plan℠

Unique solutions from a unique approach

Evidence-based, data-driven care management and wellness solutions.

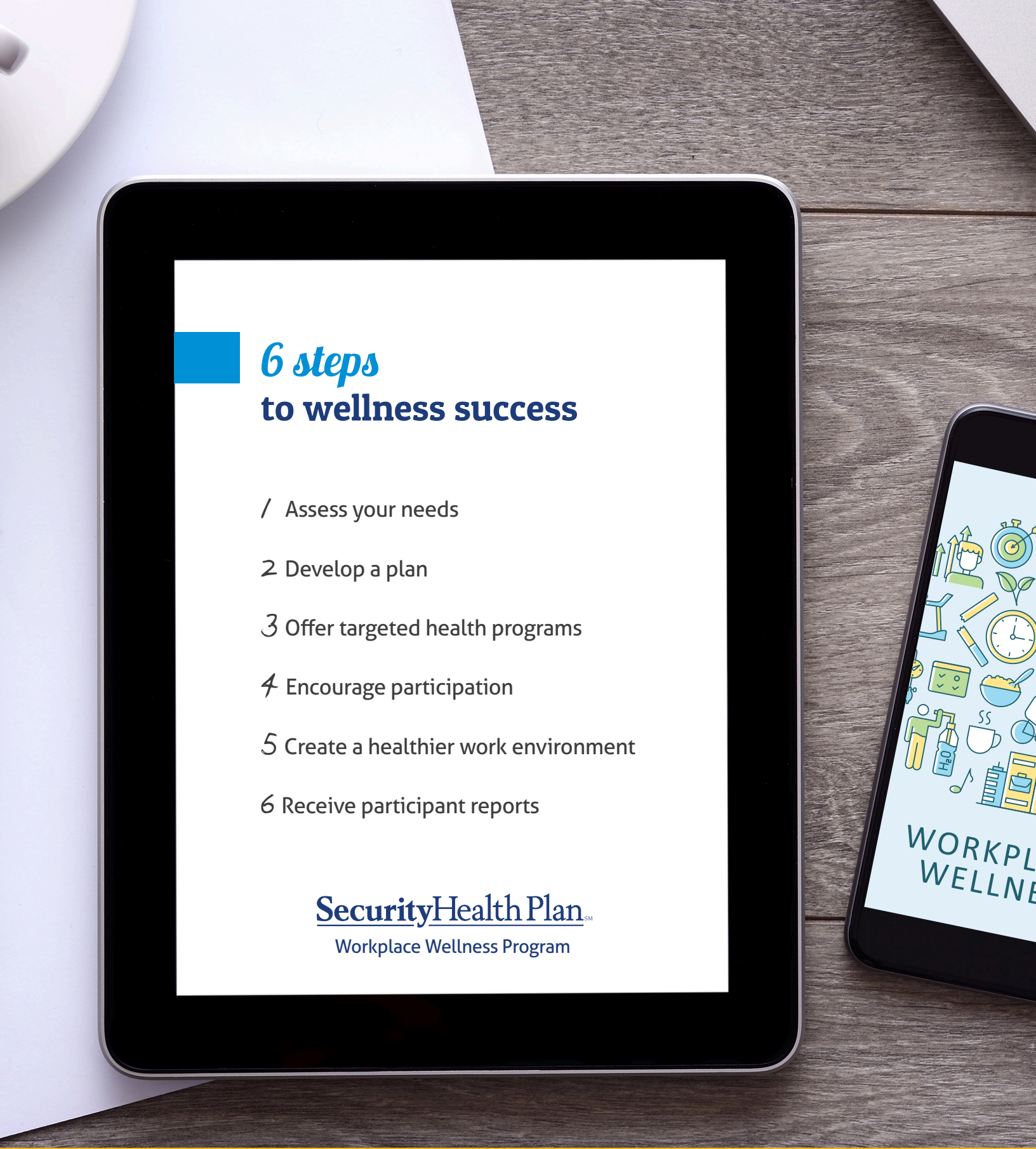
We think differently. By offering recommendations based on proven data, real evidence, and solid modeling, we create **customized worksite wellness programs** that result in faster identification and quicker intervention. Our **trained wellness professionals** coordinate and collaborate with primary care providers, a critical step in seamless care, to provide only necessary services for the health and wellness of members.



Our wellness professionals address member health risks or concerns to **deliver better experiences and serve as true advocates** for members.

Integrated for seamless member experiences





Together these steps reduce health risks, boost morale and productivity, and improve health.

Worksite wellness

It starts with a primary care provider



What we encourage

- Choose a primary care provider
- Annual preventive exam
- Online health assessment
- Worksite culture assessment



What we provide

- Telephonic and onsite health coaching
- Online health coaching
- Online health challenges
- Health educators
- Reports to manage wellness incentives



How we support

- Worksite and web-based presentations
- Wellness eNewsletters
- Fitness center discounts
- Wellness program consultation



How you evaluate

- Summary of health risks and productivity
- Program participation results
- Wellness program consultation

Life-changing workplace wellness from two perspectives



Employers
Recognize that we share their goals

It's quite simple: you save when your employees remain healthy. That's why you're always searching for a better way to offer an effective wellness program that will reduce risks **AND** improve health. You know worker health is not only a critical investment in your company's most valuable resource, it attracts top talent. Contact us to see how a customized solution from Security Health Plan makes sense.



Employees
Appreciate our comprehensive approach

It's comforting to know experienced, insightful wellness professionals are ready to help your employees. People who align primary care providers with worksite wellness solutions to uncover potential or long-standing issues that affect happiness, productivity, and performance. Security Health Plan takes a holistic approach to individual wellness and can be a great culture fit within your company.

promoting *wellness*

encouraging *growth*

attracting *talent*

changing *lives*

Healthy employees are happy and productive employees.

Security Health Plan provides personalized care management, from common to the complex, that decreases lost work time and improves your overall company culture. Let's create a healthful work environment that fosters productivity by decreasing risk, boosting morale, and improving health.

- Online Health Assessment
- Nurse Navigator
- Health Coaching
- Rewards Program
- Fitness Center Discounts
- Population Health Reporting

We care about community

To us, wellness goes beyond individuals or even companies. We care for the wellness of every community we're so proud to serve.

We invest where our members live, work, and play based on each community's needs and our ability to provide evidence-based outcomes.

We also partner with organizations to support the community health initiatives that matter most to them. Why so much effort? Because it's the right thing to do.



See the good work we're doing by visiting **www.securityhealth.org /about-us/community-giving.**

SecurityHealth Plan℠

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