

Program Components and Costs

Personal Health Assessment, We llness Portal and Program Features

\$150 per participant (covered in full for eligible Excellus members) includes:

Employee Services

- On-site biometric screening with point of care results and coaching
- Online biometric screening scheduling with walk-in capability
- Access offering several dates and locations for biometric screenings throughout contract
- Immediate coaching with certified wellness coach/referral into targeted programs (if applicable)
- Educational materials provided at time of screening
- Web-based Personal Health Assessment (PHA) questionnaire
- On-site PHA completion option
- Personal wellness portal
 - Individualized wellness summary of results with lifestyle recommendations
 - Instant and trended viewing of biometric screening results
 - Targeted articles and educational content
 - Interactive online educational modules
- Automated outreach and referrals into programs based on results and motivation to change
- Communication with PCP/Results sent directly to PCP
- Ask a We llness Coach (access to nurse, nutritionist and fitness specialist)

Employer Services

- Incentive management (tracking and reporting)
- Automated verification of eligibility
- Customized wellness website including employer wellness program referrals
- Program implementation consultation with Client Engagement Manager
- Ongoing program management with Client Engagement Manager
- Detailed aggregate reporting of population demographics, engagement, satisfaction, results and outcomes (if applicable)

Condition Management

Personalized Condition Management Coaching Program

\$350 per participant (covered in full for eligible Excellus members)

