

Be Well Solutions: A Valued Wellness Partner



Prevention Services

Biometric Screenings

Be Well Solutions (BWS) provides onsite biometric screening services as well as the tracking and reporting of offsite screenings completed by a primary care physician.

- Fingertstick testing for glucose, cholesterol, and triglycerides
- Blood pressure, height/weight, and BMI measurements
- Health Risk Assessment (HRA)
- Personal results booklet with onsite screening
- Review of results with a BWS health professional following screening
- Results available on personal health portal
- Targeted outreach based on HRA and biometric screening results
- Aggregate and cohort report including summarized data collected from HRA and biometric screening

Flu Vaccine Prevention Program

Be Well Solutions provides all promotional and scheduling materials for on-site flu vaccine clinics.

- Flu shots may be able to be submitted as a claim to insurance carrier.
- Flu shots can be offered as a stand-alone clinic or as part of a biometric screening event.

Healthy Lifestyle Services

Telephonic or Virtual Health Coaching and Nutritional Counseling

Unlimited access to telephonic or virtual health coaching and nutrition counseling with certified health coaches and/or registered dietitians. Our team of experts are trained to provide individualized support, education, and assistance with goal setting.

Webinars*

Live webinars are offered quarterly via an online streaming platform that can be accessed by onsite and remote employees. All webinars are recorded and uploaded to the Be Well Solutions portal for participants to access and view at their convenience. Topics encompass key areas of wellness including emotional health, sleep hygiene, physical activity, and nutrition.

Video Library*

A collection of on-demand educational wellness videos. Each video has an accompanying quiz for participation tracking. The video library is updated quarterly with new video and quiz offerings.

Resource/Handout Library

Quick access handouts are available in the resource center of the Be Well Solutions portal. Handouts are all developed by registered dietitians, health coaches, personal trainers, and qualified professionals.

Wellness Challenges*

Quarterly wellness challenges are administered through the Be Well Solutions wellness portal where participants can find challenge information and track their progress.

E-Newsletter

A monthly electronic newsletter is sent via email to participants. The newsletter contains original articles focused on timely health topics and key areas of wellness. A copy of the newsletter is also available on the Be Well Solutions portal.

*Services only available with a Premier or Preferred package.



Weigh of Life Lifestyle Program

Science-Based Lifestyle Management

Weigh of Life is a 12-week healthy lifestyle program designed by registered dietitians and exercise specialists to support sustainable weight management and disease prevention. *Weigh of Life* is unlike other programs because it doesn't require participants to follow complicated rules, calorie counting, or restrictive eating. Instead, this program encourages behaviors that promote long-term weight maintenance and disease prevention. Participants receive nutrition and exercise guidance, in addition to strategies for stress management and emotional well-being. *Weigh of Life* is available as an app or through the Be Well Solutions health portal.

Program Components

1. TRACKING

Tracking requires only 2 or 3 minutes a day, making this easy to do everyday. Each day participants enter information about their diet and exercise habits in the *Weigh of Life* tracker. Live updating graphs allow participants to see their nutrition, exercise, and weight progress from week to week.

2. EDUCATION

Weigh of Life enables participants to make lasting lifestyle changes through education and hands-on activities. Each week of the program has a unique theme with corresponding handouts, short videos, and activities. Themes rotate between nutrition, exercise, stress management, and emotional well-being.

3. CHALLENGES

Every week a new challenge is presented that participants may complete. New challenges keep the program engaging and exciting from week to week.

4. SUPPORT

Registered dietitian nutritionists and exercise specialists are available to answer questions and provide individualized recommendations throughout the course of the program.

Incentivization and Tracking

Participation is tracked through weekly reporting from data entered in the *Weigh of Life* tracker. Be Well Solutions can assist with the promotional materials and provide recommendations for incentives based on your clients unique wellness program.

***Included with Premier and Preferred packages or available to purchase a la carte with the Select or Basic packages.**

Wellness Incentive Programs

Be Well Solutions is eager to assist you and your client(s) in the design or adjustment of a wellness incentive program to best promote engagement and health improvements. Our staff is well versed in the federal compliance of wellness programs and will assist in navigating any subsequent wellness compliance regulations.

Tools and Resources

- In-office compliance officer
- Access to live customer support
- Dedicated account manager
- Participant portal

Administrator Support

- Planning and implementation support
- Culture of wellness evaluation and review
- Quarterly wellness committee attendance
- Assistance with communications and promotions of BWS services
- Access to HR Admin portal
- Incentive tracking and compliance reporting

Wellness Package Comparison

| Wellness Programming | PREMIER | PREFERRED | SELECT | BASIC |
|---|---------|-----------|---------|---------|
| Proprietary online platform | ✓ | ✓ | Limited | Limited |
| <i>Weigh of Life</i> , 12-week weight management program | ✓ | ✓ | | |
| Quarterly, 28-day wellness challenges | ✓ | ✓ | | |
| Quarterly, live webinars | ✓ | ✓ | | |
| Quarterly, web-based videos | ✓ | ✓ | | |
| Monthly e-newsletter | ✓ | ✓ | ✓ | ✓ |
| Virtual, telephonic or email health coaching and nutrition counseling | ✓ | ✓ | ✓ | ✓ |
| Targeted outreach based on health screening results | ✓ | ✓ | ✓ | ✓ |
| Health Screening | | | | |
| Health Risk Assessment (HRA) | ✓ | ✓ | ✓ | ✓ |
| Fingerstick testing for glucose, cholesterol and triglycerides | ✓ | | ✓ | |
| Blood pressure, height, weight and Body Mass Index (BMI) measurements | | | | |
| Personal health screening report | ✓ | | ✓ | |
| Results review | ✓ | | ✓ | |
| Incentive Tracking & Reporting | | | | |
| Physician screening tracking | ✓ | ✓ | ✓ | ✓ |
| Aggregate report | ✓ | ✓ | ✓ | ✓ |
| Healthy activity reports | Monthly | Monthly | Yearly | Yearly |
| Participation reports | Monthly | Monthly | Yearly | Yearly |
| Wellness credit reports | Monthly | Monthly | Yearly | Yearly |