

# Health and Wellness

## Good health is our business

Rising health care costs, high cost drugs and an aging workforce create many challenges for plan sponsors providing benefits to their employees. Traditional cost-containment strategies alone will not eliminate escalating benefit costs.

Wellness programs can help maintain or improve health, which in turn advances the sustainability of your benefit plan. Formalized programs encourage employees to take the steps necessary for improving their health and rely less on drugs and treatments.

Helping people live healthier lives offers a common sense approach toward achieving manageable health care costs and improving workforce productivity. Changing lifestyle behaviours can help prevent common diseases and chronic illnesses.



## Introducing My Good Health

My Good Health is an easy to use online health and wellness resource available through CARESnet. This value-added service empowers people to take control of their health with a Health Risk Assessment and interactive goal setting. There is also access to comprehensive health libraries explaining health conditions, medications, treatments and procedures.

With My Good Health, plan members can stay up-to-date with the latest health news, watch hundreds of health videos, test their knowledge, track their symptoms, and make choices for healthy change. It's fun and interactive.

## A strategic approach to workplace health

While My Good Health offers information to help people take control of their personal health, a customized workplace health program provides support and enhances employees' ability to make positive lifestyle changes that promotes good health.

Every workplace is unique. We take a holistic approach to health wellness establishing a partnership with you to better understand your organization's needs, goals and budget. We then work with you to customize a workplace health strategy that makes sense for your business.

We look for ways to integrate your wellness strategy with your benefit program and ensure clear goals and strategies are established that naturally fit into your organization. Then we work with you to establish programs that engage your workforce in achieving change toward healthier living.

**Some of the additional services\* we offer include:**

- **Health Program Consulting** services range from offering support for the development of a comprehensive wellness plan to address the possible causes of the organizational health issues to planning, implementation, and evaluation of wellness fairs/challenges.
- **Specialized Analysis and Reporting** looks at multiple data streams (e.g. drug utilization, health risk assessments, health screening clinic reports, etc.) to identify cost drivers, health risks, organizational culture issues, and employee's readiness for change. We provide you with a comprehensive report to help you make decisions about your investment in workplace health programs.
- **My Good Health Enhanced** offers your employees an enhanced version of the My Good Health online experience. We'll work with you to customize a health solution for your workplace.
- **Health Screening Clinics** are "Know-Your-Numbers" events, where participants have the following measurements taken:
  - Blood pressure
  - Lipid levels including total cholesterol, high density lipid cholesterol (HDL-C), low density lipid cholesterol (LDL-C) and triglycerides
  - Glucose levels
  - Height and weight which are used to determine the employee's Body Mass Index (BMI)
  - Waist circumference
- **Comprehensive Biometric Testing with Individual Coaching:** In addition to the measurements outlined in Basic Biometric Testing, Comprehensive Biometric Testing includes a coaching segment. Both biometric testing options include relevant health education brochures.

- **Telephonic or Electronic Health Coaching** is based on the results of the Health Risk Assessment or Health Screening Clinic. A nurse will follow-up with a high risk employee via telephone or email to help them develop their confidence and skills to make positive lifestyle changes.
- **Immunization Clinics:** We'll help you organize immunization clinics in your workplace to help prevent illness (e.g. influenza, hepatitis, etc.).
- **Lifestyle and Disease Management Workshops** can help educate employees on issues such as stress, work-home balance, depression, healthy eating, reducing your risk of cancer/cardiovascular disease, child and elder care, anxiety and conflict.

Pacific Blue Cross has a history of implementing effective Health and Wellness programs. For the work we've done to promote health and wellness in our own company, we've been awarded the Worklife BC Award of Merit for promoting work/life balance and the Who's Who Award in Workplace Wellness from Benefits Canada.

We are a healthy workplace. We have experienced the benefits of a healthy workforce first hand. Pacific Blue Cross can help you achieve a healthy and productive workplace too.

To learn more about how Pacific Blue Cross can help your workplace become healthier, contact an Account Manager or Pacific Blue Cross:

**Group Sales** 604 419-2100

**Toll-free** 1 877 275-4768

[www.pac.bluecross.ca](http://www.pac.bluecross.ca)



\* Additional services are offered for a fee.