

Employer Wellness Solution



in Partnership with Principal Wellness Company

Products to Enhance Your Wellness Program

Additional wellness products are a part of an innovative and comprehensive wellness solution that includes strategy, activities and resources to:

- Motivate the high-risk population to take action
- Keep the low-risk population healthy
- Create a culture of wellness in your workplace

The products are an effective, simple and affordable way to provide wellness opportunities for 100 percent of your employees.

Unmatched Products and Services to Meet Your Needs

The following products are backed by unmatched service. You will receive dedicated account management to guarantee a wellness strategy is customized and implemented seamlessly for your company. The Account Manager is actively involved in the implementation process, oversees all the wellness activities and is a central point of contact for questions. The Account Manager meets with you frequently and will provide wellness reporting on a customized schedule that is defined during implementation.

Year-Round Wellness Program

Included in the Year Round Wellness Program is a data-driven wellness strategy, a powerful communications plan, participant marketing materials, monthly newsletters, campaigns, seminars, challenges, and ways to track employee participation. Through the tracking options, you identify the best incentive strategy to maximize engagement, and powerful reporting capabilities measure program effectiveness and provide directions for next steps.

Each month you will receive all materials needed for the following month, along with a wellness coordinator newsletter. Information is provided about finding wellness champions and creating wellness committees to help make your program a success – something your employees will appreciate and enjoy.

A Tradition of Value, Humanity and Service
Nippon Life Insurance Company of America
www.nipponlifebenefits.com

Worksite Preventive Screenings

Preventive Screenings can be provided to your employees at the worksite. The team of wellness professionals has years of experience helping participants not only to recognize their health risks, but also to understand the severity of those risks and to take action to improve their health.

The wellness team coordinates everything needed for the event: clinicians, equipment, supplies, state and local licensure and permits, counselors, safe disposal of materials used to draw blood samples, and more.

At-Home Lab Tests

As an option for remote employees or others who cannot attend a worksite preventive screening, at-home kits can be distributed to employees.

The at-home kits are simple: The participant draws a blood sample from a finger stick using the materials provided and sends the sample in a pre-paid envelope directly to the lab for testing. Results are processed in five to 10 days, and the participant receives an e-mail when the results can be reviewed online. Participants who don't have e-mail addresses will receive their results by U.S. mail.

The at-home kits also capture self-reported height, weight, blood pressure and waist circumference.

Health Coaching

The Health Coaching team uses data from preventive screening results and Wellness Assessments to identify those at risk for a variety of health conditions. Those individuals are invited to work one-on-one with a health coach in one of the following programs: weight loss, smoking cessation, heart health, diabetes prevention, fitness and exercise, diet and nutrition, and stress management.

The number of personal coaching sessions available to each person is based on the severity of his or her personal health risk, and can span a few weeks to several months. The goal is to help the participant make lifestyle improvements that can help lower risk and improve his or her health.

Wellness Assessment

The Wellness Assessment surveys participants about their personal health history and current behaviors. The confidential assessment determines the participant's readiness to change certain behaviors and also appraises his or her health. The results are accurate and easy to understand, and are customized based on each person's responses.

Employers can receive a summary that reports raw numbers and percentages based on the assessment. The report will be in aggregate format, and the content will be de-identified to protect the privacy of the participants. The results of the worksite and mail-in preventive screenings are incorporated to provide the most accurate risk analysis.

Enhance your wellness program today with the addition of our wellness products.