

Achieve  
Well-being@Work



**Better health for your employees  
could mean a better bottom line  
for your company.**

Independence 

# Maintaining job performance at the highest level

Employees are a company's greatest asset, and their health issues can dramatically affect their job performance and your bottom line. These issues can range from heart disease and stress-related illnesses to minor health conditions — and many stem from smoking, poor diet, and lack of exercise.

Poor health leads to lower levels of productivity and higher health costs, and employers end up bearing these extra costs — both in higher premiums and in lower output. This is especially true in Philadelphia, which ranks among the most expensive health care markets in the U.S.<sup>1</sup>

A comprehensive wellness program can help counter the negative impacts of poor employee health by:

- Addressing absenteeism and presenteeism, which lead to productivity loss and indirect medical costs such as disability claims.
- Generating competitive advantages for a company, such as improved employee engagement and retention, greater productivity, and higher morale.
- Strengthening an organization's culture and building employee pride, trust, and commitment.
- Increasing employee referrals, which can help raise the caliber of new job applicants.

Research shows that employees who engage in healthy behaviors are more likely to stay well, satisfied, and productive both on the job and in their lives.<sup>2</sup>

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# 70%

## OF EMPLOYEES

enrolled in wellness programs report higher job satisfaction than those not enrolled in such a program.<sup>3</sup>

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1. Mak A. [Most Expensive Cities for Employer-Sponsored Health Insurance](#). AdvisorSmith. May 18, 2020.  
2. Beheshti N. [10 timely statistics about the connection between employee engagement and wellness](#). Forbes. Jan 16, 2019.  
3. 2019 Aflac Workforce Wellness Report

# Achieve Well-being@Work: A robust and flexible approach to elevating employees' health

The Achieve Well-being@Work program from Independence Blue Cross (Independence) offers a variety of comprehensive programs and evidence-based interventions. Its holistic approach encompasses the physical, emotional, social, financial, community, and environmental elements of health, enabling participants to lead more fulfilling lives.



Our wide range of services and programs focus on these four major areas:

 <h3>More physical activity</h3> <p>Provide ways for employees to get and stay active at their various levels of fitness. Motivate people by showing that anyone can start being more active wherever they are in their health journey.</p>	 <h3>Improved nutrition</h3> <p>Promote healthy eating habits and food preparation tips to ensure a balanced diet, assist with weight loss goals, or encourage people to try new things.</p>	 <h3>Higher energy</h3> <p>Educate and provide resources for stress reduction, energy management, brain health, and sleep.</p>	 <h3>Greater empowerment</h3> <p>Help employees take control of their lives across the board, whether financially, managing a chronic condition, balancing family priorities, enhancing resiliency, or understanding biometric screening results.</p>
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# Choose the wellness vendor that's right for your situation

Every workplace is different, and a one-size-fits-all solution may not have the flexibility to meet your organization's needs. **Achieve Well-being@Work** offers a modular set of programs to choose from, so you can select the elements best suited to your unique workforce.\*

	Be Active	Be Nourished	Be Energized	Be Empowered
AREUFIT Health Services				
Corporate Touch				
Do It Better Wellness				
Health Advocate Solutions				
Health Fitness Connections				
HealthEase				
Healthy Measures				
Labcorp Employer Services				
On the Goga				
Onsite Health Diagnostics				
Prasada				
The Charge Group				
Waking Wellness				
Wellness Coaches				
Wellness Concepts				

Note: All services are provided by independent vendors that are contracted with Independence Blue Cross.

\*Most vendors are now offering virtual services.

# So many ways to work towards wellness

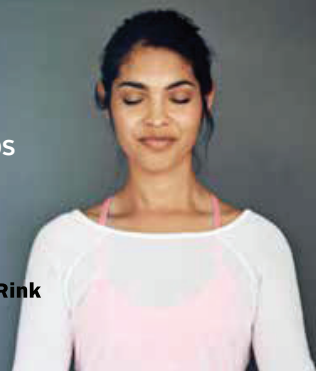
## Reimbursements

- Gym workouts
- Weight management
- Tobacco cessation programs



## Discounts

- Fitness gear
- Gym memberships
- Healthy eating
- **Inde<sup>go</sup>**
- **Blue Cross**  **RiverRink**



## Deals

- Amusement parks
- Hotels
- Shopping
- Movie tickets
- Sporting events
- Museums



## eNewsletter

- Healthy recipes
- Coupons



## Additional benefits

- Nutrition Counseling
- Flu Vaccine Coverage
- Access to Independence LIVE classes



## Specialized Solutions

- Catalpult** HEALTH
-  **Propeller**
- natura)(y<sup>s</sup>lim<sup>®</sup>
- ovia health
- QUIL**



## Mobile resources support seamless engagement across devices and platforms

Advanced tools at [ibx.com](https://ibx.com) and on the IBX mobile app complement the **Achieve Well-being@Work** program and enable your employees to track their healthy behaviors in a way that is simple, fast, easy, and fun.

## A solution tailored to our times

The COVID-19 pandemic has amplified many of the factors that can adversely impact wellness. Working from home can make people more sedentary than ever, and isolation and stress can take a heavy toll on emotional well-being, motivation, and focus.

**Achieve Well-being@Work** will counteract these conditions and help your employees cope and thrive. With most services available virtually, your employees can reap its full benefits from the comfort and convenience of their homes. And when they return to the office, they will be able to engage with the program in person as well.

## Take the first step towards a healthier workforce

Independence's consultative approach offers comprehensive, integrated wellness solutions for employers that provide personalized experiences for their workforce. We help create a comprehensive, clinically-based program focused on the goals of your company.

Through successful implementation and the ongoing support of wellness initiatives, **Achieve Well-being@Work** delivers results. To learn more about this sophisticated program, visit [wellbeing.ibx.com](https://wellbeing.ibx.com) or email [wellbeing@ibx.com](mailto:wellbeing@ibx.com).



Independence Blue Cross is an independent licensee of the Blue Cross and Blue Shield Association.



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