Aspirus Wellness Program Promotes Good Health

Give your employees’ health a boost
Your employees can achieve positive health changes through coaching and education. To create a healthier workplace, make use of the Aspirus Wellness Program through Aspirus Arise. Customized wellness offerings complement your company’s initiatives and help create the best overall health culture. Over time, you can obtain healthy returns:

» Healthier, more productive employees
» Lower health care costs
» Reduced absenteeism
» Enhanced recruitment and retention of healthy employees
» Improved employee relations and morale

Reduce risk and change behaviors to create healthier lifestyles and healthier people
The Aspirus Wellness Program is designed to meaningfully engage your employees with lifestyle behavior changes, such as issues related to weight and nutrition, exercise and stress management, and tobacco cessation, by integrating the wellness program with other health care services. Our Wellness Program will be administered by the same Aspirus system that provides doctors, nurses, and other health care services to your employees. This fully integrated approach to wellness ensures that your employees will be engaging with locally based health care providers.

Contact us today to find out more about the Aspirus Wellness Program for groups!
Visit: AspirusArise.com
Call: 1-715-972-8140
Mail: Aspirus Arise, P.O. Box 395, Wausau, WI 54402
Integrated Wellness Resources Help Keep Employees Healthier

Preventive care—Our website includes information on cholesterol, immunizations for children, fall prevention for seniors, high blood pressure risk, and more.

Disease management program—Offers employees information and assistance with managing chronic illnesses, such as diabetes, hypertension, and congestive heart failure.

Care management—Our unique program integrates traditional insurance case management functions with the expertise of Aspirus doctors, clinicians, and population health managers. Our program helps members regain optimum health or improved functional capability, in the right setting and in a cost-effective manner.

Healthwise® Knowledge Base—Use this online health encyclopedia to find information on thousands of topics.

Health risk assessments (HRAs)—Annual HRAs and individualized reports are available to all employees.

Biometric screening—Awareness of health markers is the first step in developing a health improvement plan.

Educational outreach—Targeted outreach is done based on HRA/biometric data and focuses on specific conditions, such as hypertension, weight management, high cholesterol, and other conditions. It may involve integration with disease/condition management through the disease management program.

Wellness coaching—Employees can take advantage of an initial face-to-face coaching session followed up by additional sessions, which can be face-to-face, via telephone, or online. Maximum of four sessions per employee.

Health & fitness challenges—Multi-week team or individual health & fitness challenges are fun and engaging events coordinated by Aspirus wellness professionals. These activities can promote and raise awareness of healthy lifestyle choices. The main areas of focus are nutrition, fitness, stress, realistic activity levels, and weight management. The challenges may be coordinated on site by a wellness specialist or conducted online via the Wellness portal.
On-Site Services Give Employees Even More Options

Annual biometric screenings—This on-site service assesses the current health of each employee to identify health risks. Each screening takes about 15 minutes to complete. They typically measure height, weight, body mass index, blood pressure, blood glucose, and total cholesterol. Results are reviewed by a registered nurse and then communicated directly to each employee.

Wellness fairs—Wellness services from Aspirus can help coordinate on-site wellness fairs with employer groups. Wellness fairs often center on a biometric screening event and include multiple health and wellness resources, such as health plan representatives, local health agencies, and health care providers.

Program coordination—An Aspirus Wellness Specialist will work closely with a designated contact at your company and/or wellness committee to establish wellness program goals and objectives. The Specialist will coordinate programs, communication, and tracking of on-site activities. Specific types of on-site management may include:

» Attend and participate in quarterly meetings of an Employee Wellness Committee
» Assist in the development and refinement of Return-on-Investment and Wellness Indicator strategies for the company executive team
» Conduct a Health & Wellness Environmental Assessment
» Map out walking paths around sites
» Identify on-site exercise opportunities
» Identify other healthy opportunities throughout the year at events that already take place (e.g., picnics)

Educational sessions—“Lunch n' Learn” presentations are usually 30 to 60 minutes in length and cover a wide range of topics including:

» Nutrition
» Physical activity
» Weight management
» Chronic health conditions
» Stress management
» Tobacco cessation

Presenters, depending upon topic, are Aspirus medical professionals and may include wellness coaches, registered dietitians, nurse practitioners, physicians, diabetic educators, etc. Presentations may be conducted on site or via WebEx™.

Tobacco cessation—On-site Aspire To Be Free: Tobacco Cessation program is a five-week class that meets for one hour each week. This class covers: smoking facts and health risks, medications and resources, characteristics of nicotine addiction and withdrawal symptoms, developing your quit plan, and staying quit. The small group, up to 20 participants, allows support and accountability in the short term and in the long term.

Blood pressure checks—These can be provided on-site as a stand-alone service or included as part of a health & fitness challenge. In addition to getting their current reading, participants can learn what their reading means and how to improve or maintain it over time. Many employers offer this service on a routine basis—monthly, every other month, or quarterly.
Get in touch today for Aspirus Wellness Program information!

Visit: AspirusArise.com
Call: 1-715-972-8140
Mail: Aspirus Arise, P.O. Box 395, Wausau, WI 54402

The Aspirus Arise Wellness program is not intended to provide medical advice, but rather to provide members with information to better understand their health and diagnosed disorders. Nothing in this program should be construed as an attempt to offer or render a medical opinion or otherwise engage in the practice of medicine. Members should consult their physicians for diagnoses and for answers to personal questions regarding medical conditions. Aspirus Arise members should check their health benefit plan coverage booklet for information on covered services under their health benefit plan.