

# Employee

# Wellness



Employee health is more important than ever. WPS and CHC Wellbeing have partnered to offer you a comprehensive wellbeing solution for your employees.

Through personalized digital health journeys, health screenings, and online support, employees are empowered to create the sustainable habits that lead to a healthier lifestyle.



**WPS**

ADMINISTRATIVE SERVICES

POWERED BY **Auxiant**



# Wellbeing Assessment

Making employees aware of their health status is the first step to improving it.

## Comprehensive Onsite Biometric Screening

Improve engagement by bringing your health screenings onsite. A phlebotomist will come to your location to perform a veni-draw, providing a comprehensive look at your employees' cholesterol, blood sugar, kidney, liver, gallbladder and gastrointestinal function.

## At-home Test Kits

A simple fingerstick screening done at home can detect cardiovascular disease, diabetes, and more. We make it easy for members to understand their results, send them to their physician and take the next steps to improve their health.

## Health and Lifestyle Survey

This questionnaire looks at the physical, emotional, social and financial aspects of a member's life to assess the lifestyle choices that affect their overall health.



## Health Coaching

Sometimes employees need a little help to reach their health goals. Elevate your program by including supportive health coaching services. See next page.



Elevate your program by including these additional services.



### **Targeted Health Coaching**

A health coach will contact high-risk participants with metabolic syndrome to review their assessment results. During this one-time results session, our coach will educate the member on how to make important lifestyle changes that will improve their health.



### **Online Coaching Modules**

With our online health coaching modules, participants have access to a variety of lifestyle management modules that can be used for ongoing behavior modification, education, and access to self-guided online weight management and smoking cessation programs.



### **Smoking Cessation | Modules + Coaching Calls**

Enroll tobacco users will have access to self-guided tobacco cessation action plan and complete four, 30-minute coaching sessions bi-weekly to support participants on their path to quitting smoking.



Elevate your program by including these additional services.



# Digital Tools

Our member portal provides numerous tools and resources to keep members focused on their health goals all year long.

## e-Learning

With over 700 e-Learning courses members can learn at their own pace. The courses are interactive, easy to understand and present information in a simple format that uses proven learning and behavior modification techniques.

## Activity & Nutrition Tracking

Our tracking tools enable members to monitor and manage their progress over time. A wide range of activities are included for tracking, as well as a full menu of nutrition options.



## Walking program

Our program motivates employees, builds community and inspires a healthy culture. We offer customizable walking challenges, online tracking, and a suite of communications and personalized account support to ensure your program's success.



Elevate your program by including these additional services.

# Digital Tools

## Financial Wellbeing

Help your employees achieve financial security and freedom. Through access to webinars, financial advisors, articles, interactive modules and more, employees can reduce their financial stress and earn rewards along the way.

## Mindfulness

With more than 60 videos featuring leaders in the mindfulness and emotional intelligence industry, employees will learn how to deal effectively with stress and increase their emotional IQ.



## Custom rewards platform

Through our flexible platform, clients can set up their programs to reward and reinforce the behaviors that will help members achieve their wellbeing goals. Using a thorough and accurate verification process, we will ensure specific activities have been completed by the member.

