

Take your workforce  
to the next level.

Discover personalized care  
powered by groundbreaking  
data and analytics.



## Total Picture of Health

Wellbeing Solutions is designed to address all areas of employee wellbeing: financial, emotional, physical, community and social. We don't just look at employee health concerns in a vacuum, we're looking at a total picture of their health, removing roadblocks and solving problems through a 'whole-person' lens.

Our Foundational Program, powered by new kinds of data and sophisticated algorithms builds a richer understanding of the member. We use this to identify at-risk members earlier and connect them with the right level of resource to bring awareness. Then, we provide the positive reinforcement needed to stay on track with health and wellbeing goals through engagement. One holistic experience, all while delivering quantifiable clinical outcomes and cost of care savings.

## Results

- > Improved health and health awareness
- > Increased productivity, faster return to work from illness or injury
- > Better condition-specific cost savings
- > More engaged workforce, satisfied employees

Wellbeing Solutions combines comprehensive benefits along with support to meet a wide array of health goals - all in one complete program.

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Companies with higher employee wellbeing achieve **two times** as much employee engagement than those with lower employee wellbeing. They also report higher revenue per employee, lower health care costs, fewer days lost and **70% fewer** stressed employees.<sup>1</sup>

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## Foundational Program

Your employees get the tools they need to focus on four key goals: Living Healthy, Encouraging Preventive Care, Making Informed Healthcare Decisions and Managing Conditions.



### LIVING HEALTHY

- > Online Health Assessment that gives employees a snapshot of their health and provides a personal action plan. Based on the results, they can see areas to work on or celebrate successes. The overview can be printed and shared with providers.



### ENCOURAGING PREVENTIVE CARE

- > MyHealth Advantage connects claims, prescriptions, lab results, and patient history and sends the member reminders for preventive care checkups, tests and exams, opportunities to save money, and notifies the member of possible health risks and gaps in care.



### MAKING INFORMED HEALTHCARE DECISIONS

- > Sydney - a personalized mobile and digital platform that supports members in managing their wellbeing
- > 24/7 access to registered nurses who can answer health questions and guide affordable care
- > Anthem Skill - virtual personal assistant is voice-activated to search for personalized plan information using Alexa
- > My Family Health Record - mobile and web solution allows members to download electronic medical records and share data with family, caregivers, and providers
- > Education and redirection to more appropriate sites of care for members who may have used emergency rooms for non-emergency care



### MANAGING CONDITIONS

- > ConditionCare management for diabetes, asthma, heart failure, coronary artery disease, COPD, and end-stage renal disease
- > myStrength online resource for behavioral health including depression, anxiety, substance use, stress, long-term pain, and sleep
- > Proactive programs to help employees with diabetes or behavioral health issues take their medications in an appropriate and cost-effective way
- > Utilization management assists members in selecting appropriate services for their diagnoses or conditions
- > Care manager guidance following hospitalizations, a major illness, or a behavioral health event
- > Outbound call representatives help address specific health-related gaps in care and help address barriers to care
- > Future Moms coaching and support to help ensure healthy pregnancies and healthy babies including lactation support
- > Autism support with applied behavioral analysis for employees whose child is on the spectrum

The **Get Strong Engagement Package** enhances your Foundational Program by encouraging preventive care behavior by incentivizing key activities. It also includes our dynamic Well-being Coach program for employees who need that additional support. Employees can see the status of their progress and receive their Anthem Health Rewards\* at [Anthem.com/ca](http://Anthem.com/ca).

#### INCLUDES

##### Well-being Coach

A live health coach motivates and supports employees who want to make meaningful changes in their health. Whether it's to quit smoking, push past an excuse not to exercise or a weight loss plateau, employees can get the lifestyle coaching they need by phone or online chat.

#### INCENTIVES (Employees can earn a maximum of \$200 in incentives)

##### Tobacco-free Certification - \$50<sup>2</sup>

For not using tobacco products during the previous six months.

##### Flu Shot + Wellness Visit - \$100<sup>3</sup>

For receiving both a preventive wellness exam and flu shot based on claims.

##### Health Assessment - \$50

Take an online health assessment and answer questions about lifestyle, current health and history. Receive access to a personal report with health tips and available online programs.

#### COMPANIES WITH EFFECTIVE HEALTH AND WELLNESS PROGRAMS HAVE UP TO

**\$1,000** lower medical/  
prescription costs per  
employee per year

**29%** fewer employees  
using tobacco

**24%** fewer employees  
with hypertension

**23%** fewer employees  
with high blood  
glucose levels<sup>4</sup>

Contact your Anthem representative today  
to find out more about Wellbeing Solutions.

WELLBEING  
SOLUTIONS  
FULLY INSURED

Pool HMO. Product availability may vary. Contact your Anthem representative for more information.

\* Anthem Health Rewards eligibility applies to only employees and their spouse/domestic partner. Member must be active on the plan and activity must take place during the plan effective year.

1. Willis Towers Watson 23rd Annual Best Practices in Health Care Employer Survey, 2018 2. To earn the tobacco-free certification reward, an employee must log in to [anthem.com/ca](http://anthem.com/ca) and certify they are tobacco-free. 3. Rewards will show in account when the provider submits claims to Anthem after the employee receives their annual preventive wellness exam and flu shot. 4. Willis Towers Watson's 2015/2016 Staying@Work Survey. National results.

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