



Total Health™

Education. Motivation. Behavior Change.

*The Ideal Wellness Program for
Both Large and Small Companies*

Improve your employees' and their families' health and while reducing costs with a complete, proven year-long wellness program that can be less than \$1.39 pepm.

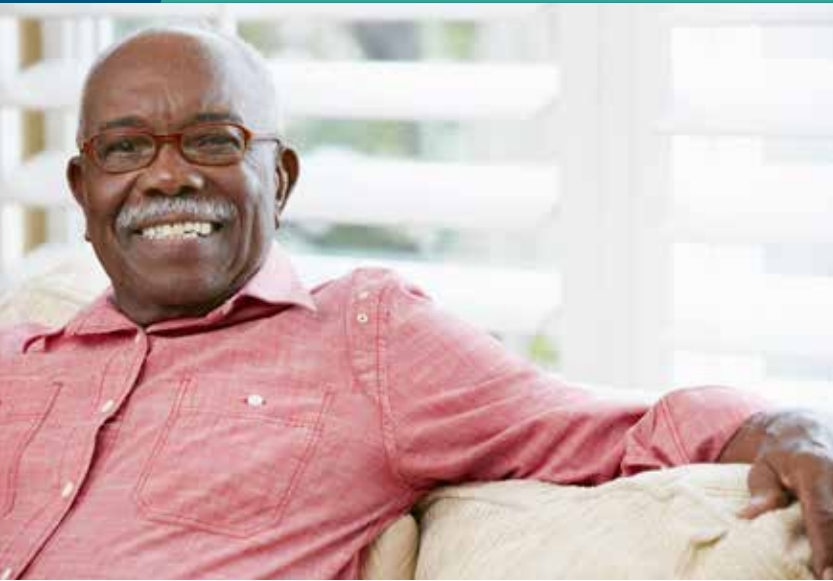
Research has shown Total Health™ can:

- Reduce health care costs
- Lower absenteeism
- Increase productivity
- Reduce workers compensation claims
- Improve employee morale

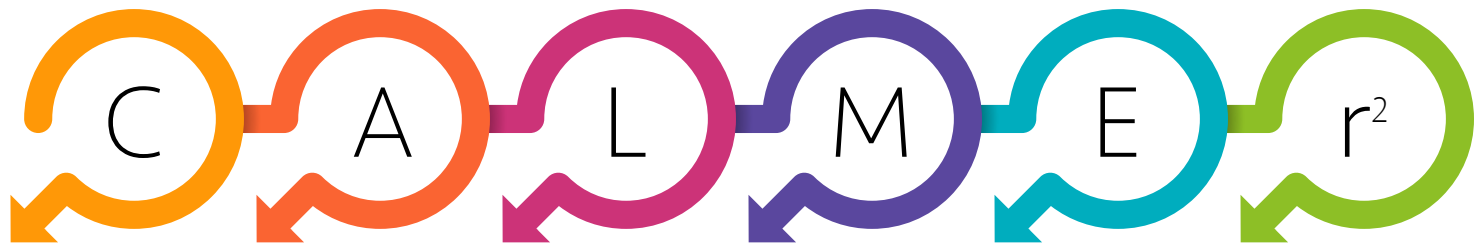
Total Health™ provides a year long wellness program from the nation's leader in health promotion. Best of all, it's effective, affordable, and tailored to meet your needs.

The program does not require extra manpower to implement and, because once is never enough, throughout the year Total Health™ delivers wellness information and action plans in a number of ways. These all work together to reinforce your bottom line.

Just think how much impact this year-long program can have on company morale, productivity, and health-care costs. The Institute's Healthier at Home® self-care guide alone has been proven to reduce health care costs an average of \$121.81 per employee in only 9 months.



Total Health consists of 7 key areas that should be included in your effort to create a culture of health. It's the CALME^r² approach:



Communication

- Program Launch Materials
- Newsletters
- Calendars
- Posters
- Emails



Assessment

- Biometric Screening
- Health Risk Assessment



Lifestyle Enhancement

- Personalized Health Coaching
- Tobacco Cessation, Weight Loss / Nutrition, Stress Management, Healthy Sleep
- Disease Management
- Online Portal and Challenges



Medical Self-Care

- Self Care Guides
- Nurse Advice Line



Education

- Health Hub & Library
- Flyers
- Brochures
- Kits
- Videos



Rewards & Reporting

- Incentive Management
- Gifts & Prizes
- Direct Mail Fulfillment
- One-click, Real Time Reports
- Custom Reports



Choose from 3 levels of Total Health™

Each level includes the CALMER² approach.

	Bronze	Silver	Gold
Communication			
Program launch materials	✓	✓	✓
Wellness Newsletter (8-page)* & Mobile App		✓	✓
Wellness Posters & Handouts			✓
Assessment			
Health Risk Assessment (HRA)	✓	✓	✓
Biometric Screenings (Optional)			
Lifestyle Enhancement			
HealthyLife® Portal	✓	✓	✓
HealthyLife® Coaching - unlimited in-bound calls	✓	✓	✓
HealthyLife® Coaching - (1) post-HRA out-bound call		✓	✓
HealthyLife® Challenges			✓
HealthyLife® Coaching - proactive out-bound calls			✓
Medical Self-Care			
Healthier at Home®* Online & Mobile App	✓	✓	✓
Nurse Advise Line			✓
Education			
HealthyLearn® Hub & Library	✓	✓	✓
Reports & Rewards			
One-Click, Real Time Reports	✓	✓	✓
Incentive Management			✓

* Printed versions available for newsletter and Healthier at Home® self-care books.

Let Total Health™ Start Working for YOU Today

WHY WAIT?

Start improving the well-being of your employees and their families with Total Health™ – the tailored, effective, affordable ounce of prevention.



Call for details and pricing.



phone: 800.345.2476
248.539.1800

email: aipm@healthylife.com

website: HealthyLife.com