

Wellness programs that are easy to implement and easy to follow

Wellness has been at the core of our health care philosophy for more than 25 years. See how wellness with NHP can help your employees become healthier, happier, and more dynamic.



**Neighborhood
Health Plan™**

Your health. Our promise.



Your employees at their best

NHP offers a full suite of resources—all included at no additional charge with your NHP plan—to help employees be happy, healthy, and well.

Why wellness?

Wellness programs just make sense. Employees who are at their best do their best work.

Wellness programs can reduce absenteeism and other health-related productivity costs like overtime coverage, customer dissatisfaction, and administrative costs.

In addition, adding wellness to your benefit offerings can help you recruit and retain great employees.



What does my company's wellness program come with?

- An **online wellness center** for your employees that gives them step-by-step guidance to build their own self-paced wellness programs
- A custom **wellness profile** for your organization
 - Overview of your company's wellness picture, health needs, and opportunities
 - Economic benefits reports detailing the potential savings in absenteeism and improved productivity
 - 5-year look ahead helps you set long-term goals
- Regular **progress reports** to help you track wellness improvements over time
- Employer-specific online tools let you easily create the perfect program for your employees
- Service you can rely on with your current Account Executive as your point of contact
- At-your-fingertips resources to help you easily promote wellness in your organization
 - Monthly newsletter complete with employee challenges
 - Printable information about important topics like flu vaccines and safety

NHP offers wellness resources to meet all of our members wherever they are in their lives. Get started with worksite wellness today – **it's as easy as 1-2-3.**

1

It all starts when your employees take the Health and Wellness Assessment.

Fully integrated into MyNHP and promoted in the Welcome and Wellness call for every new member, the Health and Wellness Assessment can be personalized for your organization. It's also available in paper format.

2

Custom reports jump start corporate and personal wellness.

You'll receive a 14-page Custom Wellness Profile and regular progress reports for your organization. No personal information is ever shared.

Participating employees each receive a wellness overview with personalized recommendations on topics like nutrition, maintaining a healthy weight, fitness, and stress management.

Employees learn their true health age and health risk factors.

3

NHP offers a suite of wellness resources for you and your employees.

Employer resources let you implement a corporate wellness program in minutes with online challenges, printable flyers, and a complete monthly newsletter.

In the Online Wellness Center on mynhp.org, employees can choose from a variety of self-paced wellness offerings:

- Multi-week programs on everything from exercise to quitting smoking
- Streaming videos to boost motivation
- Regular personalized tips and messages
- A real-time wellness score to track progress

Employees can call the NHP Health Coach for extra help setting and meeting their wellness goals.

FREE
from NHP

- Many over-the-counter cough, cold, and allergy medications with a prescription at a participating pharmacy
- Smoking cessation program including telephone coaching
- Nicotine replacement including gum and "the patch"
- Selected frames at any VisionWorks® location
- Select diabetic testing supplies

Even more savings

- Weight Watchers® and Jenny Craig® reimbursements offered in many plans
- Gym and fitness club benefit (varies by plan)
- Discounts on contact lenses and eye wear through VisionWorks
- Coverage for some vitamins and supplements with prescription at a participating pharmacy

