

Planning. Logistics. Implementation. Success.



Program Design & Consulting

Partnering for Success

Our executive team will conduct a thorough interview based, comprehensive environmental assessment of your company's cultures, practices, and beliefs. Our team will also study how you have communicated and implemented programs in the past. From these results we will develop a full program design with recommendations to meet your needs; providing support and answering your questions every step of the way.

Communication Planning & Logistics

Implementation Made Easy

We provide a full communication and logistics plan specifically designed to meet the uniqueness of your organization. The result is a well coordinated and smooth implementation process based on a detailed timeline that has clear messaging, prescribed steps, measurable outcomes and delineated accountabilities.

Personalized Health Coaching

The Catalyst for Long-Term Behavior Change

Our Health Coaches provide professional, private, personalized and convenient services. They assist a participant in identifying key risks, setting goals, defining action plans, supporting behavioral change, monitoring progress and giving feedback on performance. Through this positive behavioral change model that focuses on strengths; a participant is guided to other resources, tools and opportunities, that when combined with coaching, delivers the long term ROI for the participant and the client.

Biometric Testing

Results Uncover Conditions and Identify Risks

We work with local and national laboratories that conduct on-site biometric testing. The confidential lab results are combined with the HRA results to paint the most accurate wellness picture for your employees and your organization.

Health Risk Assessment

The Key to Measurement and Management

Our HRA is the foundation to all of our wellness programs. We use only the very best, time tested, continuously updated and validated tool in the industry. By providing the HRA in both paper and electronic format we are able to maximize the participation rates and satisfaction with the process.

Other Interventions, Tools, & Resources

Online Access to a Wide Variety of Options

In addition to the other program components, the participants have 24/7 access to a robust suite of self help behavioral change modules, a wellness library and newsletter, targeted websites, as well as many other educational and interesting resources to keep the participants engaged and the program moving forward. Through the communications, promotions, and coaching referrals, these resources become an important part of the program.

Long Term Programming, Reporting, & Metrics

Tracking Progress and Results.

Planning for the Future.

Our consulting team provides a series of reports and analysis on your company's biometric, HRA, coaching, and intervention results. This includes progress measurement in the areas of participation, compliance, participant satisfaction, actual goals set, behaviors changed, and risks reduced. The reports and analysis also cover change in health claims, workers compensation, short term disability and other metrics.

Once the first reporting cycle is complete, the team will develop a three year action plan with specific goals and objectives around such areas as participation, satisfaction, risk and health claim reductions, and many others. Then on an annual basis the team will provide a month by month plan for scheduled events, education sessions, various activities, and additional programs, and observances to keep things on track. All of these reports and measures are incorporated into a ROI model that is mutually agreed to at the inception of the program.

To learn more visit us online at www.whsusa.com