



# Best Practice Wellness Strategies

Meaningful, impactful wellness benefits designed to reflect your corporate values, while simultaneously meeting your organizational goals.



## Phase One:

- Establish a baseline
- Make it easy, simple, impactful, rewarding

## Phase Two:

- Use baseline data to expand program to a year-round strategy
- Tie in greater incentives to drive participation
- Don't overcomplicate the benefit

## Phase Three:

- Use data to enhance current health plan
- Continue to re-evaluate and adjust

## Results...

- Enhanced employee benefit plan that drives utilization
- Greater employee engagement & productivity
- Early detection of health risks result in decreased cost
- Wellness goals are aligned with corporate values
- **Better health outcomes**



HEALTH ASSOCIATES®

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