

Corporate workplace wellness programs are the smart way to improve overall employee morale as well as reduce employee turnover and overall healthcare costs. By utilizing a workplace wellness program in your organization, you are creating a positive, energetic and productive workplace. In working to achieve our mission of creating healthier communities, we offer the following programs as a part of every benefits package.

### MyNurse 24/7

Our members have access to a toll-free help line for non-critical situations. MyNurse 24/7 allows you to speak with experienced, knowledgeable nurses about specific health concerns at any time, day or night.

### MyHealth 24/7

MyHealth 24/7 is an interactive, online, health resource benefit. This valuable tool acts as a 24-hour medical advisor to find solutions to the most common health problems. Features include:

- **Health & Symptom Evaluation** – evaluates symptoms, overall health and specific chronic conditions
- **Medical Library** – stores information, articles, videos, and photos on a wealth of healthcare topics
- **Health Helpers** – gives access to tools and calculators to improve and maintain weight
- **Pharmacy** – explains facts about medications, compares drugs and helps to lower expenses
- **My Health Files** – stores and integrates personal health data and assessment results for custom updates and health tips
- **News Forums** and **Communications**



## Corporate Wellness and Health Improvement Programs

Improving the lives of our members while working to reduce healthcare costs



The insurance your health deserves.

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[www.phpni.com](http://www.phpni.com)

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## HealthNEWS Newsletter

Our members receive a quarterly newsletter, which offers everyday health and wellness information, from nutrition, exercise and child safety, to seasonal health concerns and medical news. Each issue also includes an update of our participating providers as well as regional announcements, discounts, and health related events.

## Self-Care Essentials Handbook

To further encourage members to become better healthcare consumers, we can provide you with a medical self-care reference book. From scrapes and bruises, to medical emergencies, aches and pains, chronic conditions and everything in between, this 128-page health reference book is a complete guide to managing your healthcare and living well.

## Health Education Brochures & Posters

Upon an employer's request, we provide brochures and posters containing health messages. These items are designed to encourage and support healthy behaviors.

## Health Event Participation

We can provide an information booth that focuses on a variety of health issues. Our experienced staff can also help coordinate appropriate vendors to provide screenings.

## Weight Loss Programs

Our Inches Away program is designed to encourage, support and reward efforts in achieving a healthy weight goal. Members must have group medical coverage to be eligible for Inches Away.

**Inches Away For Adults** - offers an incentive of \$500 when you lose 10% of your initial weight, and a final payment of \$1000 after one year of maintaining or improving your weight loss.

**Inches Away For Adolescents** - reimburses the total cost of an approved weight management program, and is paid in one payment after proof of program completion.

## Smoking Cessation Programs

Eliminating smoking can greatly reduce the occurrence of coronary heart disease and other cardiovascular diseases. In keeping with our goal of encouraging preventive health maintenance, we have a reimbursement program if a member remains smoke free for at least one year after the end of the therapy. Information on tobacco intervention programs, community classes, and support groups is available upon request.

## Sweet PHP Rewards

**Sweet PHP Rewards** is a Diabetes Management program aimed at assisting members with a diabetes diagnosis to make healthy lifestyle changes through one-on-one, phone-based assessment and personalized coaching. The focus is on educating members about diet, exercise, taking daily medications, and frequent blood testing. Members receive monthly incentives such as reduced or eliminated copays and deductibles on medication and testing strips.

## Member Discounts

Our members are eligible to receive a variety of special discounts at select area health clubs and community classes, such as:

- Discounts for first aid and CPR courses
- Free trial memberships or discounts on annual memberships
- Discounts on activity fees, enrollment fees and training packages
- Discounts on medically supervised programs
- Sporting event discounts

A complete and current listing of member discounts is published in every issue of our HealthNews newsletter, as well as on our Web site.

**For complete details on our Corporate Wellness and Health Improvement Programs, please contact our Customer Service Department at (260) 432-6690 ext. 11, toll free at (800) 982-6257 ext. 11, (260) 459-2600 for hearing impaired, or email us at [custsvc@phpni.com](mailto:custsvc@phpni.com).**

