



PHC introduces *Preferred Wellness Initiative*

Preferred Health Care (PHC), in conjunction with Lancaster General Hospital and Ephrata Community Hospitals is pleased to announce our premier wellness solution for both the fully insured and self-insured markets. Currently, employers are faced with heightened scrutiny concerning health care cost containment while at the same time maximizing employee productivity. Our wellness program is a sound business decision designed to augment existing employee benefit programs and should ultimately help in containing rising health care costs. In addition to cost containment, other outcomes may include reduced absenteeism, increased productivity, increased morale, and higher health benefit satisfaction.

The alignment of Preferred Health Care (PHC) and two local community based hospitals allows integration of services that encompass the complete spectrum of member health via our unique health management synergy. Our wellness program incorporates a three-step process, beginning with an initial health risk appraisal followed by clinical screenings and ultimately ending with follow-up or intervention provided by a medical professional. The year round comprehensive initiative addresses the overall health of the population, while assisting participants in the management of both high and low risk medical conditions. Four wellness program options are available to meet the varying needs of employees.

Each program option includes our initial Health Risk Appraisal that provides a comprehensive questionnaire to determine the health risks, trends and attitudes of employees. Participants are provided an individualized report of their current health status, risk factors and plans for improving high-risk behaviors. The feedback is based on the employees' readiness to change. All information is kept confidential and no individual data is released to the employer, as individual reports are sent directly to employee's homes.

An aggregate report is provided to the employer, which summarizes health risks, behaviors, medical and self-care patterns and preferences of the population. The data focuses on modifiable health risks, which enable employers to establish cost-effective program planning to better manage their employees' health.

The second phase of our wellness program incorporates clinical screenings, ranging from on-site blood pressure screens to height/weight/BMI screens. Contingent upon the result of the health risk appraisal and screenings, additional education and on-site counseling may be provided.

The final phase entails compiling results from both the health risk appraisal and screenings to formulate a physician report. The seamless and timely transfer of medical information relative to ones risk level is accomplished via the physician report being forwarded directly to PHC's Medical Director. Subsequent to the review of all applicable physician reports, our Medical Director may arrange for telephonic coaching for "at risk" individuals.

For additional information concerning our wellness program please contact Roger Milner via telephone @ (717) 560-9290 extension 135, or by e-mail rmilner@phcunity.com