

Preferred Wellness can improve the health outcomes of your employees.

HEALTH RISK APPRAISAL	OPTIONS			
	1	2	3	4
Individual employee report	✓	✓	✓	✓
Employer aggregate report (>50 ee's)	✓	✓	✓	✓
CLINICAL SCREENING <small>(AVAILABLE ON-SITE FOR EMPLOYERS WITH >25 EMPLOYEES)</small>				
Complete lipid profile	NA		✓	✓
Finger-stick total cholesterol & glucose	NA	✓		
Height/Weight/BP/BMI	NA	✓	✓	✓
Physician report to medical director	NA	✓	✓	✓
Telephonic coaching for "at risk" employees	NA			✓
PHC FOLLOW-UP/INTERVENTIONS				
Initial results to employee/doctor	✓	✓	✓	✓
Single follow-up for "at risk" employees	✓	✓	✓	✓
Claims surveillance for "at risk" employees		✓	✓	✓
Case management services*	✓	✓	✓	✓
Report to employer on outcomes		✓	✓	✓

Additional services are available to supplement these Preferred Wellness options.

*at PHC Standard Rate

Introducing the benefits
of good health.

Preferred Wellness



Sterling Center
20-D East Roseville Road
Lancaster, PA 17601

717/560-9290
www.phcunity.com



In collaboration with



Lancaster General
Hospital
By your side.

Maximize employee productivity as you contain healthcare costs.

A premier wellness solution. Preferred Health Care in collaboration with Lancaster General Hospital and Ephrata Community Hospital is pleased to announce our premier wellness solution for both the fully insured and self-insured markets. We call it *Preferred Wellness*.

Preferred Wellness is a sound business decision designed to augment existing employee benefit programs and should ultimately help in containing rising healthcare 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, Lancaster General Hospital and Ephrata Community Hospital allows integration of services that encompass the complete spectrum of member health via our health management synergy. *Preferred Wellness* 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 goal of *Preferred Wellness* is to maximize the health outcomes of your employee population, while modifying risk factors and improving established 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 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 the employees' home. 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 *Preferred Wellness* incorporates clinical screenings, ranging from on-site blood pressure screens to height/weight/BMI/BP and blood tests. Based upon the result of the health risk

appraisal and screenings, additional education and on-site counseling can be arranged at your discretion.

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. Please see the attached service grid, which outlines the four *Preferred Wellness* program options available.



Additional information in regard to our *Preferred Wellness* program can be obtained by calling Preferred Health Care at 717-560-9290 or by e-mail at wellness@phcunity.com.