

# SMART SOLUTIONS TO SUIT YOUR NEEDS

Wellmark Employer Consulting and Well-being Services

## ENGAGED EMPLOYEES DRIVE YOUR BUSINESS FORWARD.

Whether you're just starting out, have years of experience or need deeper insights, a dedicated Wellmark health and well-being consultant will work with you to develop the right program based on your unique goals, culture and challenges.

## KEYS TO A COMPREHENSIVE WELL-BEING STRATEGY

Many traditional wellness programs focus only on healthy eating and physical activity. We're shifting our focus to **well-being**, a big picture look at employee health and engagement both in and out of the workplace. Ultimately, we want to foster an environment where employees are happier, healthier and more engaged in their work. In turn, this helps increase employee commitment to your mission, vision and purpose.



**ORGANIZATIONAL  
EFFECTIVENESS**



**ORGANIZATIONAL  
CULTURE**



**EMPLOYEE  
ENGAGEMENT**



**EMPLOYEE HEALTH  
& WELL-BEING**

"We feel like the plan Wellmark delivered demonstrated that they not only listened to us but also understood what is important to us at Fareway."

— **Chad Carter, director of employee benefits, Fareway Stores, Inc.**

"Wellmark's approach shows you a lot of things culturally within your organization that you might not be aware of."

— **Cathy McKay, director of benefits and risk management, Des Moines Public Schools**

# WELLMARK BEACON

## Creating your blueprint

Get a comprehensive workplace assessment to analyze and identify what impacts your employees' health and well-being. Your dedicated consultant will dig in and learn about your workplace: the environment, the culture and the people. The result? A three-year strategic plan to help create sustainable behaviors that support your employees and your overall business objectives.

# HOURLY CONSULTING

Receive tailored support based on your workplace's unique needs and learn how to maximize the value of Wellmark's services and programs. Your dedicated consultant can:

- Help assess the current state of health and well-being.
- Develop a customized strategy.
- Create personalized plans to engage employees and stakeholders.
- Assist in defining and reporting success metrics.

# WELL-BEING PACKAGES

Whether your company is new to well-being or is looking to revamp your program, our tiered well-being packages offer strategic planning and powerful program implementation. Your organization also gains access to the easy-to-use online Wellness Center powered by WebMD®, where you'll find a comprehensive wellness assessment, integration with 150 devices and apps, 24/7 support and more.

# ADD-ON OPTIONS

We're here to meet the unique needs of your organization. Let us know if we can help with any of these services.



Wellness screen options



Debit card redemption



Telephonic health coaching



Telephonic tobacco cessation coaching

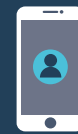
Holistic health is more than just exercise and eating right. That's why we focus on these six essential elements of well-being.



PHYSICAL



CAREER



SOCIAL



FINANCIAL



COMMUNITY



EMOTIONAL



Talk to your Wellmark representative to learn more about what employer consulting and well-being services can do for your employees and your business.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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