

health balancesm

For the health of your business



Quick-Start Guide

Raise the bar for employee wellness.

You don't have to be a large company or have a huge budget to enjoy the benefits of Providence Health Balancesm. You just need to be committed, know your company goals, be a bit creative, and recognize that a health management solution is a long-term investment for the company and for employees. Count on Providence Health Balance online resources to help make your wellness program a success.

Your action plan:

- 1. Decide that a wellness program is important.**
- 2. Recognize that it takes approximately three years to see the impact of your worksite program.**
- 3. Set participation goals for the Health Risk Assessment.**
- 4. Eliminate or minimize the barriers – if time is an obstacle, give employees the gift of time.**
- 5. Champion the program and designate key internal ambassadors for the program.**
- 6. Launch and implement your Health Balance program.**
- 7. Access tools and resources available for your corporate program at www.providence.org/healthplans/employers.**
- 8. Track participation.**

Tips for a successful launch

Set your employees up to succeed with a proactive approach to wellness:

- Carve out staff resources and dedicate time to the program.
- Be a program advocate and/or assign key leaders to champion Health Balance.
- Build excitement.
- Reinvigorate employees at regular, well-timed intervals.
- Implement a "Take Your Health Risk Assessment" campaign.
- Recognize and reward employees for healthy behavior and improvements.
- Celebrate your success.

Start today!

Visit www.providence.org/healthplans/employers
to access resources for your company.

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Program Cycle

Phase 1: Create awareness and build excitement.

- ▶ Download Health Balancesm tools from Providence Health Plan's Web site. For Health Balance materials:
 - Visit www.providence.org/healthplans/employers.
 - Select the Communication Archive link in the Health Balance toolkit.
 - Download Health Balance program materials.
- ▶ Announce Health Balance, using newsletters, break-room posters, staff meetings, Web sites and all-staff voicemails.

Phase 2: Launch your Health Risk Assessment campaign.

- ▶ Hold a kickoff event.
- ▶ Encourage and reward participation in the Health Risk Assessment.
- ▶ Promote wellness events and incentives.

Phase 3: Encourage your employees.

- ▶ Include wellness articles in employee newsletters.
- ▶ Post and rotate Health Balance posters.
- ▶ Congratulate employees and recognize successes.
- ▶ Direct employees to www.myProvidence.org to access other online Health Balance resources.

Phase 4: Track participation.



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