



Fresh thinking. Better outcomes. **Proven savings.**

Improving the health and wellness of our members through our Healthy Results program. **Fully-insured, large group employers who participate in Healthy Results may be eligible for a two-year rate lock.**

HEALTHY RESULTS



Employee-centered health and wellness.

Solutions that address specific member needs and risks.

Poor health and wellness can effect employee productivity and engagement, and greatly impact medical costs and business. As part of the state's leading healthcare system, IU Health Plans has a deep understanding of the health risks and needs of Hoosiers—and partners with employers to address employee health and wellness.

Healthy Results is a nationally recognized health and wellness program that provides the tools and resources necessary to improve and enhance personal health and well-being, including:



Health screening

The health screening helps members understand their baseline health status and gain personalized information to guide next steps for a healthy lifestyle. The health screening is a fingerstick blood draw and measures hemoglobin A1C, lipid panel (low-density lipoprotein or LDL, high-density lipoprotein or HDL, total cholesterol and triglycerides), blood pressure, height, weight, body mass index (BMI) and waist circumference.



Risk stratification and proactive outreach

Using data collected from the health risk screening, the program identifies high-risk members. Then, health coaches proactively reach out to them to provide best-fit resources, schedule coaching sessions or connect them with a disease educator or doctor to support healthy lifestyle changes.



Health coaching

A certified health coach supports the member in maintaining a healthy lifestyle by developing an action plan based on the individual's health risks and needs, helping to turn resolutions into reality. Common topics include stress management, exercise, nutrition, weight loss, tobacco cessation and heart health.



Disease education

As part of an action plan, a registered nurse, nurse educator instructs the member on disease state, risk factors and prevention, role of medications and health counseling related to managing the individual's chronic disease.

VALUE-ADDED PROGRAMS



Tobacco cessation

The Indiana Tobacco Quitline is a free, phone-based counseling service that helps Indiana smokers quit. A trained quit coach will work with members and provide solutions tailored to the individual's needs.



myStrength®

Our free and confidential online mental health tool is designed to provide emotional support and guidance. The clinically-proven resources help boost your mood, manage stress, improve sleep and reduce anxiety at your own pace.



Employer wellness consultation and action plan

A wellness specialist works with an employer to evaluate the company's wellness culture and provide recommendations to enhance and cultivate an environment of health and wellness.

Healthy Results® program requirements

To qualify for our health and wellness program, an employer must meet the following requirements:

Fully-Insured

- 24-month contract with locked rates
- At least 75 percent employer contribution to premium
- Minimum of 60 employees enroll in health insurance coverage from IU Health Plans
- Minimum of 50 percent of employees enrolled in IU Health Plans participate in a health screening
- Health screening must be scheduled 90 days following the effective date
- Implement an incentive for wellness program participation
- Onsite meetings between an HR representative and a Healthy Results consultant

Self-Funded

- Minimum of 60 employees enroll in health insurance coverage from IU Health Plans
- Minimum of 50 percent of employees enrolled in IU Health Plans participate in a health screening
- Health screening must be scheduled within 90 days following the effective date
- We strongly recommend an incentive for wellness program participation
- Onsite meetings between an HR representative and a Healthy Results consultant

To contact our sales team, call or email Rob Strickland at **317.963.1605** or **rstrickland@iuhealth.org**.

We bring it all together.



Health Plans