

WELLNESS PROGRAM

2014



EMI Health shares your deep concern for the wellbeing of your employees - our members. In that spirit, we are pleased to offer a Wellness Program designed to provide real value in areas that have been proven to make a difference: biometric screenings, mobile mammograms, flu shot clinics, wellness coaching, and a wellness newsletter. These services are included in your health plan and provided at no additional out-of-pocket cost to you or your employees. For more information, please visit emihealth.com/wellness or contact us at ben.slaugh@emihealth.com.

BIOMETRIC SCREENING

MOBILE MAMMOGRAM

FLU SHOT CLINIC

WELLNESS COACHING

WELLNESS NEWSLETTER

BIOMETRIC SCREENING

- Trained screeners come to a location of your choosing
- An easy 10-minute series of tests, including cholesterol, glucose, blood pressure, weight, and BMI
- Participants receive instant feedback, as well as a detailed follow-up report
- You receive an aggregate report identifying the health strengths and deficiencies of your group
- Along with an online health assessment, the screenings provide a useful measuring stick from year to year



MOBILE MAMMOGRAM

- Mobile screening center comes to a location of your choosing
- Less than 30 minutes from check-in to completion
- The most powerful tool for early breast cancer detection
- The same quality, expertise, and state-of-the-art digital mammography as a hospital
- Staffed by certified mammography technologists, results reviewed by licensed radiologists



FLU SHOT CLINIC

- Immunization-trained pharmacists or clinical practitioners come to a location of your choosing
- Advanced planning required for seasonal scheduling
- Option to include all covered family members
- Increased rates of vaccination decreases sick leave
- The best way to prevent the flu



WELLNESS COACHING

- Voluntary coaching to support employees' health and wellness goals
- Personalized and engaging experience to meet participant's individual needs
- Telephonic and email contact
- Wellness Coaches are Registered Nurses (RN)
- History of successful outcomes



WELLNESS NEWSLETTER

- Monthly award-winning wellness newsletter
- Short, easy-to-read articles that appeal to readers of all ages, health status, or interests
- Medically reviewed and approved content
- Available on the EMI Health website or via email subscription
- People love it



For detailed information, visit emihealth.com/wellness