

Better Results

As a leading work-site health services provider, we coordinate health screenings across the country, helping thousands of our clients' employees learn their personal health risks and understand how to take action for a healthier lifestyle. Demand for our services has us coordinating as many as 100 events per month.

Work-Site Health Services

Studies have shown that people are more likely to change their behavior when it's easy for them to do so. Our on-site programs offer convenient opportunities for your employees to access programs, products and services to help them improve their health.

Convenient. Considerate. **Complete.**

Nationwide Better HealthSM brings wellness to the workplace by offering biometric health screenings that are interactive, educational and easy for you and your employees. We plan, implement, promote and evaluate your health screening program from start to finish. All you need to do is choose the date and provide the room.

Managing What Matters

Our biometric screenings instantly capture your employees' total cholesterol, high-density lipoproteins (HDLs), low-density lipoproteins (LDLs) and triglycerides; blood pressure; blood glucose; height and weight, body composition and Body Mass Index (BMI). These values can be used to automatically populate into our proprietary Nationwide Better Health CheckSM health risk assessment (HRA) or another HRA tool that may be provided through another vendor, so you can be confident that your employees are getting the best and most accurate results.

The screening is immediately followed by a confidential consultation with one of our health educators to create a teachable moment, while helping employees understand their numbers and determine which programs are right for them. Healthy employees benefit by getting a baseline picture of their health and guidance on what they can do to maintain or improve their health. Unhealthy employees benefit by getting targeted, one-on-one guidance into the program that can best assist them in improving their health.

Immediately upon completion of the HRA, our health educators are able to engage and enroll employees in lifestyle health coaching, disease management and other health-related programs you're offering (including your employee assistance program) to help them achieve better health.

For your convenience, we also offer:

- > Bone density testing
- > Mammography services
- > Prostate screening (PSA)
- > RMR (resting metabolic rate)
- > Lung spirometry
- > Flu shots
- > Health fairs

You'll also be able to offer numerous work-site training seminars, led by our team of health care professionals and focused on health topics including:

- > Cancer
- > Ergonomics
- > Fitness
- > Life balance
- > Nutrition
- > Self-care
- > Stress management
- > Weight management

We secure great participation rates for employers through our expertise in promoting program benefits, by understanding your organization's culture and by focusing on each individual's needs.

Better for you:

- > Provides start-to-finish management of screenings
- > Includes high-quality communications materials tailored to include your company logo and logistics to promote your event(s)
- > Provides online resources for participant scheduling
- > Promotes health awareness and identifies employees who are at risk for chronic diseases
- > Communicates benefit information and encourages utilization of benefits

Better for your employees:

- > Educates employees about their health values, including blood pressure, cholesterol and blood glucose levels
- > Helps employees make behavior changes by encouraging healthy lifestyles
- > Makes it easier for employees to adopt healthy habits via convenient access
- > Incorporates simple online resources for participant scheduling
- > Utilizes receipt of on-site results as a teachable moment to enroll employees in additional, appropriate programs

BETTER CONNECTIONS = BETTER RESULTS

Nationwide Better HealthSM is dedicated to making a difference in the lives of employers and employees. We're the only company able to deliver the benefits of true integration through the connections we make with your employees and the results we deliver for both them and you. By teaching employees how to make healthier decisions, we help them safeguard their most important possession – their health and well-being.

To learn more about how Nationwide Better Health can contribute to the financial health of your organization through work-site health services or our other health and productivity solutions, including health promotion, disease, medical, maternity, disability and absence management, call **866.404.6924** or visit **nwbetterhealth.com**.

