

New Health and Wellness Benefits

HMAA is pleased to announce that we have expanded our portfolio of Health and Wellness benefits. **HMAA Wellness** is an advanced Health & Productivity Solutions Program for businesses that will offer cutting-edge health and wellness programs such as:

Life Health Assessments

- Free online questionnaire for you, your employees and their covered dependents to complete to help evaluate overall health.
- Includes risk assessments that integrate evaluations of physical, psychosocial and work-life health.
- Immediately provides customized data:
 - Health profile and confidential results
 - Reports and recommendations to members to help build awareness and promote a healthy lifestyle
- Access to other online tools which provide vital information to empower your employees to make better individual health decisions which will enhance their overall health, well-being and productivity.



Health Consultations & Coaching

- Free personalized service where Members are matched with their very own certified personal health coach to help:
 - manage their weight
 - quit smoking or tobacco use
 - improve ability to manage stress
 - improve cardiovascular health
- Personal health coaches can be contacted by phone or e-mail to help members focus on their health goals.
- Customized Wellness Plan designed to work specifically for individual members to provide the motivation and support needed.
- Members will receive a free toolkit, which includes a workbook and other tools, to provide encouragement and support needed to achieve their health goals.
- Unlimited online access to educational resources, interactive tools and trackers - articles, diaries, reading lists, and more.



Incentives & Discount Programs*

- A key strategy to increase participation in your company's health & wellness program.
- Incorporate information about your company's incentives (e.g. gift certificates, health care books, raffle prizes) to the electronic communication tools.
- Online tool to monitor and track results for earning incentives.

* Optional service; additional costs apply.

Healthy Employees = Healthy Business

Take Charge of Your Employees' Health

It's time to create a culture of wellness in your workplace. Helping your employees take care of their health is important, not only to help them feel their best, but to help the health of your business. If your employees or their covered dependents answer "Yes" to any of the four questions below, the health coaching program under **HMAA Wellness** can make a real difference.

Tired of struggling with your weight?

If you're frustrated by dieting without success, the health coaching program can help you make real, long-term lifestyle changes to manage your weight and live a healthier life.

Participants receive a free toolkit that includes:

- An educational workbook
- Pedometer to track activity
- Tape measure to mark progress



Interesting Fact: 66% of U.S. adults are overweight or obese; more than 1/3 are obese. A 2006 CDC study showed that obese patients spent an average of \$1,429 more for their medical care than people in a normal weight range.

Trying to leave smoking behind?

If you're a smoker who's tried to quit before, you know how hard it can be. It's time to take an extra step to make this the year you quit for good. The health coaching program is designed to help double your chances of quitting successfully.

Participants receive a free toolkit that includes:

- An educational workbook
- Play putty to control the smoking urge
- Breath mints

Interesting Fact: Tobacco is the single greatest cause of disease and premature death. Average direct medical costs and lost productivity related to smoking are estimated at \$193 billion annually. (CDC, 2000-2004)

HMAA Wellness gives your employees the empowerment and support they need to take better care of themselves which can help reduce employee stress, job burnout, absenteeism, and health-related costs by creating a healthier workplace.

Feeling stressed and overwhelmed?

These days, many of us are feeling stressed and overwhelmed, at work and at home. And stress may be affecting your mood, sleep and overall well-being. The health coaching program can help you develop a long-term plan to manage stress.

Participants receive a free toolkit that includes:

- An educational workbook
- Relaxation CD
- Stress-relieving putty

Interesting Fact: 40% of U.S. workers say their job is "very" or "extremely" stressful. The annual cost of lost productivity related to stress and job dissatisfaction is \$2,592 per employee. Stress is the strongest health risk factor contributing to excess productivity loss. (Burton et al., 2005)

Worried about heart disease?

Thinking about your risk for a serious heart condition can make you feel anxious and uneasy. The health coaching program can help you take steps to lower your risks for heart attacks, stroke, and other cardiovascular diseases – whether you want to avoid these conditions or prevent a recurrence.

Participants receive a free toolkit that includes:

- An educational workbook
- Medication container
- Refrigerator magnet reminder

