

Level 2: Health Fair + Full Wellness Program

Prior to Health Fair

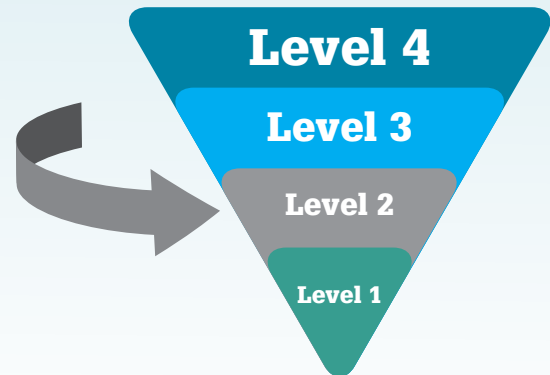
- Employee meetings to share information regarding the upcoming event
- Marketing materials for the event are distributed via mail, email or at the company
- Pre-registration online, phone call, email to AultCare or at the company
- Mass texts/emails can be sent reminding potential participants of the event and to fast prior

At Health Fair

- Biometrics station:
 - » Fasting finger stick
 - ✦ Glucose and full lipid panel
 - ✦ Blood pressure
 - ✦ Height, weight, BMI, body fat percentage and waist circumference
 - ✦ Short review and coaching session of results with a professional
- Health Risk Assessment (HRA) station:
 - » AultCare laptops on-site for HRA completion
 - » HRA completion assistance for participants
 - » Flyer available for
 - ✦ Online HRA directions
 - ✦ Member sending results to Primary Care Provider
- Education station:
 - » Appropriate professional on topic chosen staffing station
 - » Handouts provided
 - » Demonstrations or models available

Post Health Fair

- Aggregate report (if more than 20 HRA completers)
- Cohort report (only available after second year of health fairs and if more than twenty of the same people completed the HRA both years)
 - » Compares 2 years aggregate data for only the individuals who completed the HRA both years



- 1** Health Fair Only
- 2** Level 1 + Full Wellness Program
- 3** Level 1 + Level 2 + Health and Wellness Center
- 4** Level 1 + Level 2 + Level 3 + Occupational Medicine Health and Wellness Center

	Level 1	Level 2	Level 3	Level 4
On-site health fair	x	x	x	x
On-site Wellness Nurse once a month		x	x	x
RN and Dietitian on-site at least once a week			x	x
On-site biometrics			x	x
Claims-based outreach*			x	x
Occupational Medicine Nurse on-site weekly				x
Wellness activities**	x	x	x	x

*AultCare clients only

**Variety of activities depends on level

HEALTH FAIR

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FULL WELLNESS PROGRAM

Overview

- Nurse assigned to the company as main contact
- In-person or virtual challenges, classes and one-on-ones
- Access to the online Wellness portal all year
- Coaching is individualized based on claims history, risk, and member's goals
- Topics for coaching, classes, and challenges include but are not limited to:
 - Nutrition
 - Weight management
 - Fitness
 - PCP connection
 - Preventive care education
 - Chronic condition
 - Stress
 - Sleep
 - Quitting nicotine

Monthly

- Nurse, Dietitian, Personal Trainer, Tobacco Cessation Specialist or Life Coach on-site monthly depending on what the needs are and what the assigned nurse and company agree on

Reporting

- Return on investment reporting 10 months after the health fair presented by assigned nurse and AultCare Data Reporting

