

# The Power of Employee Well-being

**Healthy programs for healthy companies**





## HAP IS HERE

Putting healthy living at the heart of your business

HAP offers you a dedicated well-being and health promotion consultant who will provide your employees with a well-being program that focuses on making small behavior changes.

A comprehensive strategy is created based on data and industry best practices. By providing targeted programming and the use of our iStrive® Digital Health Manager, HAP's Well-being and Health Promotion team will help make a difference for your employees.

Contact [wellness@hap.org](mailto:wellness@hap.org).

## This is HAP Well-being

### Our mission

To design and deliver market-leading health and well-being programs that influence healthy behaviors at work, home and in the community.

### Vision










To empower your organization to engage in a healthy lifestyle to cultivate a community of well-being.

# HAP Employee Well-being Offerings

Your HAP Well-being and Health Promotion team provides support to HAP employer groups through planning, implementation and evaluation. Our consultants offer turnkey and innovative programming that'll work towards healthier behavior changes.

Consider the many options available. If you have any questions or want to discuss your employer group's program in more detail, contact your HAP representative.

Every employer that offers HAP has access to our offerings. See below for reference.

Offerings	Small Group Less than 50 employees	Essential Sliced group	Premium Sole carrier
 <b>Strategic program consultation</b>	Designated Well-being consultant to include an annual virtual well-being strategy	Designated Well-being consultant for strategic program design	Designated Well-being consultant for strategic program design
 <b>Workshops</b>	On demand presentations*	Two per calendar year**	Four per calendar year**
 <b>Behavior change programs</b>	Not applicable	One per calendar year	Two per calendar year
 <b>Flu shot clinic</b>	Coordinate flu shots	Coordinate flu shots	Coordinate flu shots
 <b>Health fair support</b>	Health education handouts/kits	Choice of one	Choice of two
 <b>iStrive® for Better Health digital wellness manager</b>	Full access	Full access	Full access
 <b>Incentive-based program management***</b>	Not applicable	Choose one of two	Choose one of three
 <b>Program resources and tools</b>	Full-service	Full-service	Full-service
 <b>Health screenings</b>	Partial coverage	Partial coverage	Partial coverage

\* Pre-recorded content, limited topics available

\*\* Live workshops are virtual and subject to change based on COVID-19 social distancing safety guidelines.

\*\*\* Cost of incentive or rewards not included.





## Single-session workshops

- Conducted by experienced and credentialed health professionals
- Topics include physical activity, resiliency, nutrition and finances



## Multiweek behavior change programs

- Encourage employees to make lifestyle changes to improve health
- Expert facilitators, all necessary materials and integrated promotion



## Health screenings

- Balance and flexibility assessment
- Blood pressure and body mass index screenings
- Heart health (includes cholesterol, glucose, blood pressure and BMI)\*



## Health fair support

Examples include:

- “Ask an Expert” such as a dietitian, nurse or tobacco cessation specialist
- Chair massage
- Strength or flexibility demonstration
- Health education handouts/kits



## iStrive® for Better Health digital wellness manager

- Health assessment
- Rewards and incentive management platform
- Digital health improvement programs
- Health trackers and integrated data interface (activity monitors, health apps, etc.)
- Educational resources, video and content library and more



## Virtual resources

The HAP Virtual resources are designed to assist in the creation, implementation and growth of a self-led well-being program.

- Health education handouts
- Healthy recipes
- Interactive onsite events

For complete program details and options, visit [hap.org/employee-wellbeing](https://hap.org/employee-wellbeing).

\*Fee based

HAP does not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.