

## On-Site Services



### Create a culture of health with On-Site Services

The Optum suite of On-Site Services drives four critical health behaviors:  
**Move More, Eat Better, Be Safer and Be Mindful.**

Your on-site solution will be unique to your culture, your needs, your specifications. It will be staffed by strategic partnerships that help you achieve your health and well-being goals.



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### What is the value of offering multiple on-site services versus just one?

It's the **Multiplier Effect:**

1. Referrals in to other products and services
  2. Improved member experience
  3. Increased engagement
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### Four critical health behaviors

## On-Site Suite of Services

Our capabilities and tailored approach encourages your employees to adopt healthy behaviors, and triages your higher risk/higher-need population to more intensive intervention.



### On-Site Fitness Services

Our local presence enables us to build custom solutions for your unique culture and environment to help employees move more.



### On-Site Registered Dietitian Nutritionists

In-person services from a registered dietitian nutritionist create and sustain a culture of healthy eating.



### On-Site Ergonomics

Our on-site ergonomists utilize proprietary technology that allows us to serve larger populations more effectively than anyone else.



### On-Site Clinics

Expertise that includes acute care, primary care, injury prevention and more.



### On-Site Health Promotion

Raising employees' awareness of health drives better choices. Create a healthier mind-set at work with one cohesive program.



### On-Site Wellness Coaching

Professional coaches build trusted relationships, supporting employees in taking ownership of their health and reaching their goals.



### On-Site EAP

Full array of programs that can help employees cope with life's opportunities and challenges both at work and at home, to foster resilience and productivity.

## On-Site Services drive employee referral to the next best action

A local presence helps build relationships which enable meaningful, lasting engagement by helping employees take ownership of their health. We start by understanding your business, your organization's health risks, current health and wellness strategy and your desired outcomes. We then design a custom on-site solution that leverages our capabilities to help your employees take ownership of their health.



### Accredited coaching program

Highly credentialed and certified employees delivering services to your employees

## On-Site Fitness Services

**3.8M** Check-ins

**82%** Penetration unique active member

## On-Site Registered Dietitian Nutritionists

**55%** Of participants seek nutrition counseling for weight management

**\$80+** Annual medical savings per person

## On-Site Ergonomics

**92%** Program satisfaction

**76%** Decreased level of discomfort

## On-Site Clinics

**91%** Control over overall health spend

**77%** Lost employee productivity

## On-Site Health Promotion

**100+** Wellness topics deliverable in modalities to meet your population needs

## On-Site Wellness Coaching

**63%** more likely to lose weight

**53%** more likely to reduce high blood pressure