



Wellbeing Collaboration: Accelerating Returns

Seamless Wellbeing Programming Personalized For Each
Organization And Personalized For Each And Every Employee



ManageWell®

Business Challenge: Preventing Wellbeing Program Stagnation. Accelerating Returns.

There is a science behind engaging wellbeing programs that move the needle. Medical science offers data and measurements so we understand our risk factors, where we can make the biggest impact, and if we are meeting our goals.

Social and behavioral sciences match delivery methods with our innate motivations to spark the desire for and the ongoing commitment to do the hard work of creating lifestyle changes.

What about emerging technologies? Or capabilities that have the potential to quicken the pace of engagement – and more importantly - outcomes? This is where collaboration and adaptive technology design come in. These are what hold the real promise of acceleration.

“The result of Wellvation’s collaboration and innovative technology is accessible, seamless programming personalized for each organization and personalized for each and every employee.”

Collaboration + Adaptive-Tech Design = Acceleration

Wellvation offers more flexibility than the “off-the-shelf” offerings other vendors offer. Instead of out-of-the-box wellness programs, Wellvation offers world class resources from the health experts at Mayo Clinic and delivers them within a collaborative relationship and adaptive technology design process.

Because Wellvation is the central force behind both emerging health information technology and data-driven wellness programing, our customers are able to continuously customize their wellness programing and improve employee outcomes and accelerate returns.





Focus on The User's Experience

Innovative customization capabilities built into ManageWell's employee portal personalizes, enhances and supports the user experience focusing on their motivations, needs and goals.

The human-centered design drives the complex and multi-faceted tools, support and resources each employee requires. It's an outcome-driven, problem solving approach that continuously builds expertise, and accelerates the pace of transformation.

The result of Wellvation's collaboration and innovation technology is accessible, seamless programming personalized for each organization and personalized for each and every employee.

"Having the right goals is important, but those goals aren't going to do you any good if you don't have a plan in place to achieve them."

Mayo Clinic Guide to Healthy Living

ManageWell Makes It Happen

All of this is delivered through our adaptive technology platform ManageWell. ManageWell incorporates emerging connectivity and functionality, highly customized to each customer, each program strategy, and the individual participants evolving needs.

- Strategically aligns a company's wellbeing culture, structure and ways of working to support broad employee health goals
- Works within distinctive workflows, staffing structures, and corporate locations
- Evolves as needs change (employees, program and corporate goals)
- Easily build, test pilot and rapidly deploy successful collaborations into broader population
 - Micro-population risk segmentations
 - Sample prototypes to test complex programs and potential solutions
 - Assess emerging technology



Fast-track Implementation

ManageWell innovative and adaptive technology framework allows clients to capitalize on wellbeing opportunities within their organization, while having its foundation on best practice strategy and tactics.

- Turbocharged levels of employee engagement & activation
- Accelerated culture of health transformation
- Close the gap between plan execution results

**Customization for today, and
customization for tomorrow.**





Case Study: Claims Data Integration

Insurance Claims Data Integration to Drive Preventative Care

A Wellvation client, a large regional healthcare system historically had low employee utilization in preventative care services as reported from their employer sponsored health insurance benefits.

Their previous wellness platform provider lacked the administrative and technical capability to easily identify, track, import preventative care data from a variety of sources and reward employees and spouses for obtaining their recommended age and gender specific preventative care.

Objective:

1. Increase utilization of their current preventative care benefits
2. Identify emerging health care needs in their employee population
3. Reduce gaps in care and prevent the onset of disease
4. Encourage and reward employees to become more proactive in tracking and managing their own health

Method:

Wellvation collaborated with the employer

1. Identify the preventative requirements based on nationally recognized guidelines
2. Strategically incorporated age and gender based preventive screening requirements in their current wellbeing program
3. Worked with the employer's medical insurance provider to facilitate the claims transfer process
4. Developed the insurance claims import process into ManageWell
5. Communicated and messaged employees of preventative services yet to be utilized

Results:

- Year 1: Wellness program participants had a **50% increase** for preventative care services received.
- Year 2: **78% of all participants** (enrolled in the employer's health insurance plan) had at least one preventative care service rendered in the plan year.
- **30% of participants were 100% adherent** for all age and gender based preventative services.



Case Study: Diabetes Prevention

Diabetes Prevention Program (DPP)

A large hospital system suspected they had a significant percentage of their population who were at risk, or currently prediabetic. They collaborated with Wellvation to identify prediabetic program candidates; communicate and promote their inhouse developed Diabetes Prevention Program; track and manage participation and measure program impact.

Objective:

1. Identify potentially undiagnosed prediabetics in their employee population
2. Utilizing the in-sourced Diabetes Prevention Program (DPP)
 - a. Reduce rate of progression of prediabetes to diabetes
 - b. Improve diabetes knowledge
 - c. Develop healthy self-care behaviors
 - d. Improve glycemic control
3. Activate ManageWell for at-risk individuals: outreach, promotion and communication of the Diabetes Prevention Program (DPP)
4. Track and manage Diabetes Prevention Program (DPP)
5. Measure impact

Method:

In collaboration with the employer, Wellvation created a cross-sectional data cube of evidence based prediabetic characteristics and risk factors utilizing ManageWell analytics;

1. Biometric risk factors
2. Health Assessment risk factors
3. ICD-9, 10 Codes
4. Other clinical conditions associated with insulin resistance



Case Study: Diabetes Prevention (con.)

Metric Analysis Reports:

Wellvation developed analytic and metric reporting to illustrate impact of their DPP on outcomes and migration of risk of the participants who completed the program.

Results:

- The employer's assumptions were correct. Approximately 500 employees were identified as prediabetic.
- **50%** of eligible employees completed the Diabetes Prevention Program (DPP)

Case Study: Multi-Segmented Business

Multi-Segmented Business

A large national corporation comprised of 11 distinct business units – each with their own leadership, health carrier, diverse employee populations and worksite health management needs – required a comprehensive and integrative wellbeing solution to improve their employee value proposition.

Objective:

1. Reduce and improve employer and employee healthcare costs.
2. Attract and retain valued talent.
3. Allow each business segment to operate independent and required corporate-wide wellness events and challenges.
4. Create healthy, productive work environments that are connected to leadership, managers, and supervisors.
5. Provide employees and significant others with an inclusive and engaging wellbeing experience.

Method:

The corporation, initially comprised of 6 business units, collaborated with Wellvation and used the flexible ManageWell administrative platform to offer.

Corporate-Wide Programs:

Health Risk Assessment

Biometric Screening

Non-Tobacco Certification

Routine Health Physicals

Preventive Health Screenings

Mayo Clinic Health Resources & Tools

Worksite Business Segment Programs:

Nutrition Programs

Activity | Fitness Challenges & Events

Stress & Resiliency

Weight Management

Sleep & Relaxation

Culture of Health Activity & Events

Giving Back | Community Events



Case Study: Multi-Segmented Business (con.)

1. Wellvation, in collaboration with the Corporate Wellness Manager, built a customized administrative portal with privacy protected sub-portal sites for each business unit.
2. Wellvation collaborated with business unit wellness champions to launch, manage and measure year-round customized worksite challenges and activities.
3. Communicated and messaged employees of local events and challenges with leaderboards, social connections and incentive tracking, management and awards.

Results:

- As 5 new business units were acquired in the last 6 years, Wellvation assisted in the training, launch and seamless integration into their corporate wellbeing profile.
- Enhanced inclusion and diversity in wellbeing programming
- Improved worksite culture of health
- Increased personalized and individualized wellbeing experiences.

Wellvation's highly collaborative design, problem-solving approach, and data-driven process maximizes customers' control over programming and automation development to accelerate big organizational visions.

Wellvation is an adaptive wellbeing technology company for employers looking to accelerate health improvements and cultures.