

At HPN, we know that wellness is far from one-size fits all. The one common factor in successful programs is that they empower participants with the skills and resources they need for better health. They improve quality of care and reduce wasted spending from medical errors and unnecessary doctor visits. Above all, they engage participants and motivate them to take ownership of their wellbeing, inspiring them to lead healthier lives.

## OUR SERVICES

Our team of experts has experience across a broad range of health disciplines that serve as key components in your plan design.

**Our Evidence-Based population health and wellness strategies include:**

### CUSTOM WEB PORTALS

Online tools for employees, administrators and clinical support can help you take your program to the next level. A good data management system securely stores PHI data, as well as offers analytics, clinical outreach and health improvement resources.



### HEALTH RISK ASSESSMENT (HRA)

Helping participants assess the current state of their health is the backbone of a successful program. Health risk assessments (HRAs) provide a status report of overall health and wellbeing. When consistent, HRAs are also valuable for program administrators in tracking and analyzing population health trends —helping you prove the ROI of your program!

Our Health Power Assessment HRA (available in English and Spanish) examines more than 65 health factors, risks and controllable behaviors. Soon available in Traditional Chinese, Thai, Korean, and Japanese.

### CORE WELLNESS SCREENINGS

Beyond our HRA, we offer 100+ additional screening components, from blood chemistry to biometrics including optional reflex tests. We coordinate the delivery process from start to finish and have the ability to reach worksite populations of any size, any where in the U.S. and most work-sites around the world, including remote employees and spouses at home.

### CORE TRAININGS

HPN provides pretested, turnkey trainings for use with program participants. Training modules include Self Care, Health Care Safety, Early Detection, Prevention and Battling Germs. These trainings provide participants with core skills and can jump-start any wellness program.



**HPN**  
WorldWide

## HEALTH COACHING

Sometimes employees need a one-on-one connection to truly attain their health goals. Research shows that partnering with a health coach leads to higher and more expedient success rates. We tailor our coaching services on a client-by-client basis.

## COMMUNICATION

Effective communication is the number one driver of optimum engagement, results and success. HPN works with clients to develop messaging around program rollouts and to provide ongoing reinforcement and communication of resource, benefits, usage and success. We offer customizable articles, newsletters, web communications, and text messaging.

## REPORTING & ANALYTICS

Metrics and reporting are key parts of all our programs. Data on your results helps you evaluate program success, adjust your strategy and provide meaningful metrics on program impacts and outcomes to management.

## CONSULTING & DESIGN SUPPORT

At HPN, we pride ourselves on being plan architects, helping you design an integrated strategy that moves the needle of your group's health and bottom-lines. Our staff provides consulting services around any aspect of your strategy, from design and implementation to setting and achieving improvement goals.

## BOOSTING ENGAGEMENT

We provide support needed to drive 90-100% engagement levels in wellness programs. Each year, we work with program leaders to identify ways to promote engagement and select interventions and actions that will optimize buy-in and reaching immediate and long term goals.

