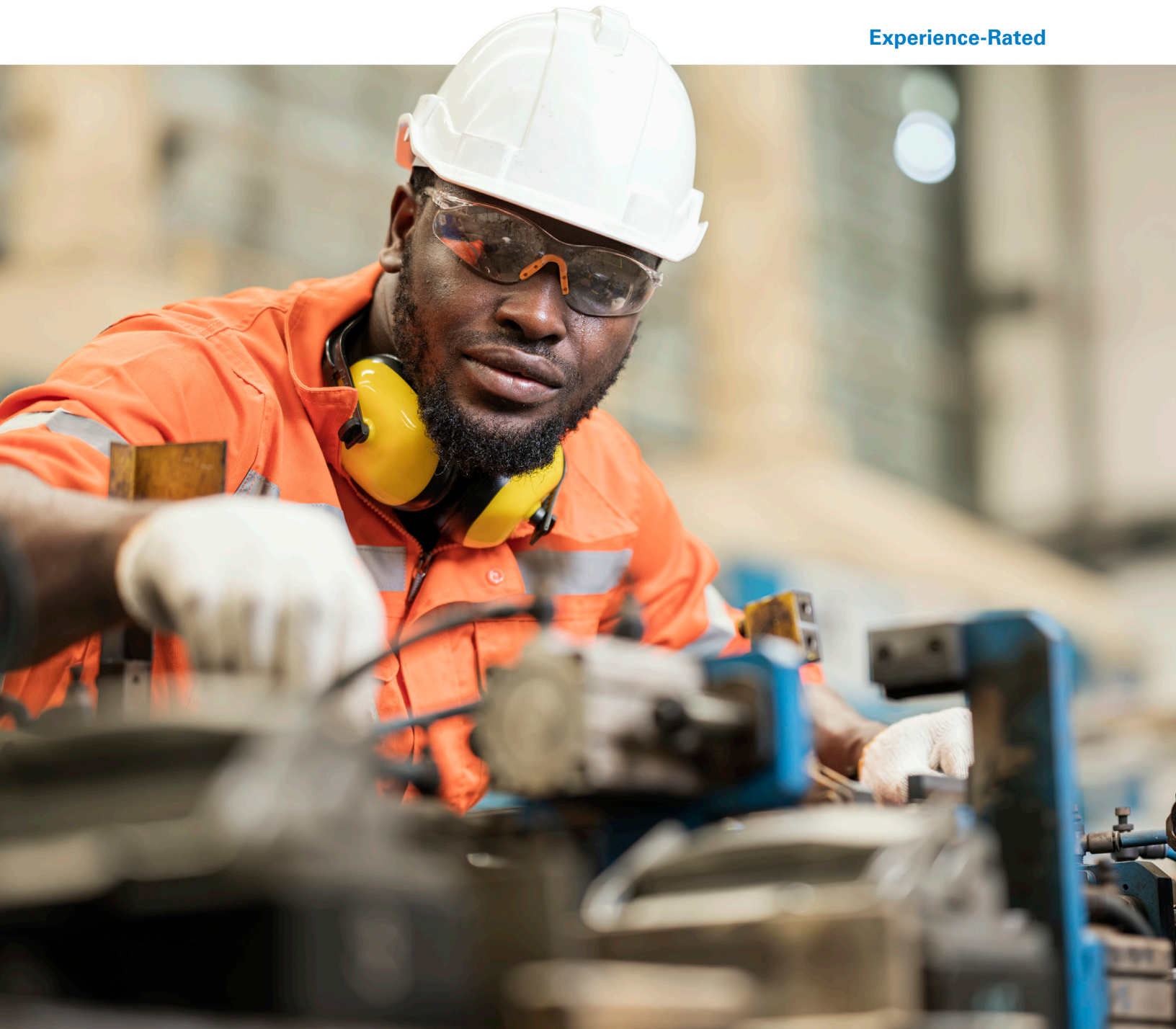


Experience-Rated



**Keep your employees  
and business in motion.**

Excellus   | **Everybody  
Benefits**

# Programs that touch every aspect of wellbeing



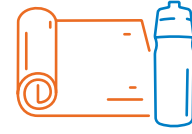
## Healthy Habit Challenges

Turnkey employee wellness challenges on topics like nutrition, movement, and mindfulness that include email templates, flyers, surveys, trackers, and more.



## Blue4U

On-site biometric screening programs to create awareness for employees and employers on common health issues.



## Blue365®

Exclusive discounts on gym memberships, fitness gear, weight-loss programs, and more.



## Wellframe® App

Connects members directly to our Member Care Management team to answer questions, manage medications, and help achieve health goals.



## Telemedicine

Access to medical and behavioral health care via MDLIVE®, and access to virtual physical therapy through Vori Health.



## Resources and Education

Employee education on how to access all the resources available through their health plan, like the Find a Doctor tool, wellness articles, on-demand videos, and more.



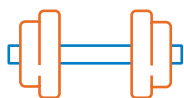
## Tobacco Cessation Support

Free support program to help employees successfully quit using tobacco.



## Headspace

A leading mindfulness-based mental health benefit app that helps members take care of their minds. The app includes hundreds of exercises and meditations for stress relief, focus, productivity, and sleep.



## ThriveWell<sup>SM</sup>

An innovative wellbeing program that engages members in their health and wellbeing through content, health risk assessments, challenges, and more – all in one place. ThriveWell Rewards\* offers you an incentive program that gives you the flexibility to choose what is right for you and your employees.

\*Buy-up for fully insured large groups, please reach out to your broker or account representative to learn more.

# Healthy employees help drive your business forward.

A wellbeing strategy can help keep your employees healthy, while working to help keep your health care costs low.

It's so effective that 92% of organizations now offer at least one type of wellness benefit to employees. And 61% offer complete general wellbeing programs.\*

So rise to the challenge of managing your health care costs. Start doing more to promote employee wellness today.

Employees with wellbeing programs are:

**38%**

more engaged when employees believe their employer cares about their health and wellbeing\*

**18%**

more likely to go the extra mile for the organization\*

**28%**

more likely to recommend their workplaces\*

**17%**

more likely to still be working there in 1 year\*

**\$2,554**

less Workers' Comp claims\*

# Workplace Wellbeing shouldn't feel like work.

Investing in your employees' health is easier than you think. Especially when you have a partner focused on ensuring your employees have the health care coverage and support they need.

Wellbeing programs don't just keep costs in check. By increasing employee happiness and productivity, they can also help you retain and attract the best talent.

## Our Workplace Wellbeing approach

Our wellbeing team is comprised of health and wellbeing professionals who have expertise in nutrition, exercise science, population health management and health care administration. Our wellbeing team partners with you and your employees to develop targeted wellbeing strategies tailored to meet your needs. The result: greater satisfaction and savings, and the best outcomes for your organization and your employees.

**Whether you're just getting started or looking to take your wellbeing program to the next level, our team of wellbeing experts is here to help. We will work with you to:**

- Collect and analyze claims and other company health data to guide your wellbeing programming choices
- Understand your company culture, industry-specific insights and wellbeing goals
- Provide customized recommendations and work with you to implement your wellbeing strategy
- Provide programming for medical consumerism and lifestyle strategies, including how to find a primary care doctor or dentist, taking prescriptions as directed, managing stress, and quitting smoking
- Educate employees about health plan tools, resources, and wellbeing perks
- Evaluate your programs and policies to see if they're working the way you intended



**Contact your broker or account manager to schedule a complimentary wellbeing consultation today.**

# Helping a top performer feel like herself again

**Victoria was a fast-rising star in her organization, full of potential. She pushed herself, but soon found the stress overwhelming.**

Victoria had been suffering from anxiety for several years due to work-related pressures. She tried medications, but they didn't seem to help.

She considered looking for a new job, but knew her current position offered great opportunities for growth.

Victoria wasn't alone. Turns out, a lot of other people in her office were stressed.

With the help of their workplace wellbeing consultant, Victoria's employer created a relaxation room that employees can visit to de-stress during intense periods of work.

Victoria was also able to schedule a consultation with a therapist using the telemedicine services available to her.

**By taking full advantage of these programs, and working with her doctor, Victoria now has better coping mechanisms for her stress, and feels like herself again.**

## What it means for your business

Workplace wellbeing isn't just about being generous or helping people get in shape or managing health care costs. It's about supporting your team — creating healthy habits and healthy attitudes — so morale and productivity go up. Your people already want to do a good job. When their minds and bodies are strong, your business benefits from the added energy, creativity, innovation, and commitment.



# 4 reasons to partner with us for workplace wellbeing

1

## Our Synchronized Health approach

Now more than ever, your employees need a comprehensive approach to wellbeing – one that brings people, programs, and tools together to protect their physical, emotional, and financial health.

2

## The right resources

We leverage a blend of health plan data, resources, and clinical expertise to build you a custom wellbeing strategy.

3

## Proven experience

We stay current on the latest industry-specific standards and best practices so we can share them with our clients.

4

## Connected to the community

We have deep relationships with wellbeing vendors and partners in the community to bring you added value.

Your employees need a comprehensive approach to wellbeing – one that brings people, programs, and tools together to protect their physical, emotional, and financial health.

We call it Synchronized Health™. And it's how Excellus BlueCross BlueShield (BCBS) supports each member holistically throughout their health journey. Employers and employees enjoy better outcomes, lower costs, and peace of mind in knowing they're never on that journey alone.

[ExcellusForBusiness.com](https://www.ExcellusForBusiness.com)



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Virgin Pulse is a separate company and offers a digital wellbeing service on behalf of Excellus BlueCross BlueShield.

Headspace is a preferred partner of Virgin Pulse, offering a meditation app to our members. Virgin Pulse is independent of Excellus BCBS.

MDLIVE is an independent company, offering telehealth services in the Excellus BlueCross BlueShield service area.

Vori Health is an independent company that offers virtual musculoskeletal (back, neck and joint) health care and physical therapy services to Excellus BlueCross BlueShield members.

Wellframe is an independent company that provides a health and wellness support mobile app to Excellus BCBS members.

The Blue365 program is brought to you by the Blue Cross and Blue Shield Association. The Blue Cross and Blue Shield Association is an association of independent, locally operated Blue Cross and/or Blue Shield Companies.

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