

WORKPLACE WELLNESS SOLUTIONS

OUR STAYING HEALTHY SITE

The Staying Healthy section of our website, mynmhc.org/staying-healthy.aspx, features a wealth of information that we update regularly. You will find:


- A list of **important community wellness resources**, phone numbers, and websites—including a section just for mothers-to-be.
- A **Health Risk Assessment (HRA)**, which asks you a series of questions about your health and habits. The HRA then calculates a score and gives you an overview of your health based on your responses. If there are areas of concern, the HRA will provide you with links to more information. You can print your HRA and take it with you to your primary care provider (PCP) visit.
- Links to **preventive health screenings** for men, women, teens, and children.
- A **topic of the month** based on National Health Observances. Our medical management staff writes an in-depth topic every month. The article includes tips from NMHC's own physician leaders and suggestions for health-related mobile apps.
- **A.D.A.M.**, a comprehensive, multimedia health resource that helps you learn more about signs and symptoms of illness and injury, how medical tests and procedures work, how to take better care of yourself, and much more. Visit mynmhc.org/adam to explore all A.D.A.M. features.

You understand that healthy employees are more productive, have more job satisfaction, and feel more loyalty. But it can be challenging to offer a wellness solution to your workforce. New Mexico Health Connections can help you build a culture of wellness while saving you time and money.

WELLNESS OPTIONS FOR EMPLOYER GROUPS

- **Flu shot clinics (for employer groups of 25 or more).** We partner with a third party vaccine provider to bring flu shots directly to your employees. You will work directly with that provider to set up the event.
- **Annual biometrics and HRA offerings.*** Four basic tests each year can provide your employees with a health snapshot and indicate a road map for maintaining and improving health: blood pressure, waist circumference, lipid panel, and glucose level. We will coordinate it all for you. We will also provide communications materials to engage employees and dashboard and aggregate reports for employer groups of more than 50. Your employees will have access to easy online sign-up, screening reminders, customer support, and yearly results reporting and trends.
- **Turnkey wellness solutions from Bravo Wellness®.*** You can choose from one of Bravo's three wellness phases to start an employee program: **Plant, Grow, or Thrive.** The selections are based on your company culture, employees' appetite for wellness, and how aggressive you want to be with workplace wellness. Bravo's solutions have been proven to improve health outcomes and lower healthcare cost trends.

To learn more, contact us at
(505) 814-1623 or
workplace.wellness@mynmhc.org.



Putting the care back in
healthcare insurance.

WHY INVEST IN EMPLOYEE WELLNESS?

Workplace wellness programs address lifestyle-related risk factors and preventable diseases in your employees' lives. Evidence shows that such programs have the potential to help people make changes that can significantly improve their health outlook for the rest of their lives.

One study¹ compared workplace wellness program participants with non-participants and found meaningful improvements in exercise frequency, smoking behavior, and weight control. In addition, these improvements are sustainable over time.

Our wellness program offerings target three major risk factors for long-term health issues: **overweight/obesity, pre-diabetes/diabetes, and tobacco use**. The statistics below illustrate the enormous financial impact these risk factors have on companies in the U.S.

Overweight and obesity²

- Obesity costs employers more than \$73 billion annually in higher healthcare costs and lower productivity.
- Obese people spend 77% more on necessary medications than non-obese people.
- The annual medical costs of an obese person are \$1,400 more, on average, than for someone whose BMI is in the normal range.

Pre-diabetes and diabetes³

- 86 million Americans have prediabetes: blood glucose levels that are higher than normal, but not yet high enough to be called diabetes.
- People with diagnosed diabetes have, on average, medical expenses approximately 2.3 times higher than what they would be in the absence of diabetes.
- 1 of every 5 dollars spent on healthcare goes toward caring for people with diabetes.

Tobacco use⁴

- Smoking costs the U.S. economy more than \$300 billion annually.
- An employee who smokes cost an employer an additional \$6,000 per year over a nonsmoker for increased days missed from work and longer time to recover from illness.
- 70% of adult smokers report that they want to quit smoking completely.

1. *Workplace Wellness Programs Study, RAND Corporation, 2013*

2. *Centers for Disease Control and Prevention, Kaiser Permanente*

3. *American Diabetes Association*

4. *Wellness Council of America*

Over the long term, workplace wellness programs *do* help reduce medical costs for both employees and companies, and reduce absenteeism and presenteeism (working while sick or injured).



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