

Regence 360MeSM

IMPROVE HEALTH.
INCREASE PRODUCTIVITY.
SAVE MONEY.



It's time to change workplace wellness

According to a study by the Milken Institute, chronic diseases cost the U.S. economy more than \$1 trillion annually, or nearly 6% of the U.S. national debt.¹ The losses have well-established impacts on productivity, including absenteeism and presenteeism, which occurs when employees come to work too ill to perform their jobs.

A recent Towers Watson study indicates that “seven in 10 companies identify developing a workplace culture where employees are responsible for their health as critical, and understand its importance as a top priority of their health and productivity program.”² Improving employee health and productivity is a business imperative, not merely a nice-to-have employee perk.

For employers, this shift calls for more than a check-the-box wellness program. It demands a holistic, consumer-centric solution with multiple approaches. It requires creating a culture of health—a top-to-bottom approach that changes behavior, measures more than numbers, drives engagement and leads to a positive value on investment (VOI).

Increase engagement. Improve health. Bend the cost curve.

At Regence, we believe health and productivity go hand in hand. When people feel well, physically and emotionally, they are more engaged, motivated and productive at home and at work. That's why we've created Regence 360Me.

Regence 360Me is an integrated health and productivity solution. It's designed to help you establish a culture of health—one that focuses on improving whole-person well-being and productivity for your employees.

This program is not insurance but is offered in addition to your medical plan to help you and your employees get information and support when you need it.

¹ “The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General,” US Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

² “The Business Value of a Healthy Workforce,” Towers Watson, 2014.

The Regence 360Me difference

Unlike traditional check-the-box wellness programs, Regence 360Me can truly impact the health of your workforce and ultimately the health of your business. The solution combines online wellness resources with unique “feet-on-the-street” support to increase employee engagement, improve health and bend the cost curve.

Online wellness resources

Our web platform, [regence.com](https://www.regence.com), is full of health and wellness resources and tools. Employees can view their progress toward incentive awards or take a General Health Assessment (GHA) to keep their health in check.

- ▶ **Health and wellness tools:** Take advantage of up to 36 online wellness programs, food and exercise logs, biometric trackers, exercise and meal plans, decision-making tools and the Healthwise® Knowledgebase online health encyclopedia. Employees can easily participate in a variety of team challenges.
- ▶ **General Health Assessment (GHA):** Employees can learn about their current state of health by taking a confidential GHA at [regence.com](https://www.regence.com). Upon completion of the GHA, a Risk Advisor will provide a detailed view into risk factors and recommend workshops specifically designed to address those risks.
- ▶ **Device integration:** Fitness devices are a great way to promote an activity challenge or increase engagement. We can seamlessly integrate certain fitness devices directly with our web platform and handle the fulfillment and implementation.
- ▶ **Mobile app:** Our app goes beyond simply tracking weight and calories. It comes with a suite of engagement tools for employees, including an exercise log, steps log, weight log, food log, challenges, incentives and messaging.
- ▶ **Rewards and incentives:** Our standard rewards program offers employees the opportunity to earn points on [regence.com](https://www.regence.com) for simply registering and completing an online GHA that identifies their personal health risks. Rewards points can be redeemed for a \$25 gift card. With our Regence 360Me Advanced and Custom products, we can customize the incentive program that best meets your program goals and objectives.

Unscheduled absenteeism
costs \$3,600
per year per hourly employee.

CIRCADIAN's Shiftwork Practices, 2005

Employees who
**WORK OUT MORE
THAN 3X PER WEEK**
have **44%** lower
MEDICAL COSTS.

Health Care Service Corp.

4
health indicators
DRIVE 75%
OF CHRONIC DISEASE.

Our 15-minute
BIOMETRIC SCREENING
can identify problems
with these indicators,
right at your worksite.

"Chronic Disease Prevention and Promotion,"
Centers for Disease Control and Prevention,
May 21, 2014.

Feet-on-the-street support

- ▶ **Health coaching:** We take the health coaching experience to a new level by hiring and training our own coaches, which distinguishes us from other programs that outsource this service. Plus, our coaching platform is integrated with our web platform, giving employees a consistent experience that reinforces measurable behavior change.
- ▶ **On-site programming and support:** We help facilitate events such as health fairs, lunch n' learns, GHA and [regence.com](https://www.regence.com) enrollment campaigns, quarterly team challenges and biometric screenings. While we have extensive online resources, we can also bring them to life with our on-site support.
- ▶ **Wellness consulting:** Our consultants will collaborate with you to develop a comprehensive culture-of-health roadmap, incorporating proven ideas for leadership support, effective communications and branding, creative incentive programs and ongoing program offerings. Then they'll provide you with fresh ideas to maintain your program and establish measures of success.
- ▶ **Turnkey communications:** These employer toolkits and lifestyle management toolkits (e.g., tobacco cessation) help you build condition-specific campaigns for your workplace. We also provide you with weekly health tips, monthly newsletters and other promotional materials to help you motivate and educate employees.
- ▶ **Reporting & analytics:** You can't improve what you can't measure. Our reporting and analytics solutions will help you identify the health risks of your workforce and establish a baseline against which future program efforts can be measured. You'll benefit from actionable recommendations and insight into employee participation in the various online wellness programs, team challenges, health coaching and the GHA.
- ▶ **The power of Regence:** Our integration with the Regence portfolio opens the door to innovative solutions that can be tailored to your company's specific needs.

Solutions tailored to meet your company's needs

Regence 360Me offers three products to support you based on where your organization is in its health and wellness program evolution and budget. Each product offers a range of benefits for you and your employees, including a flexible online portal and mobile services, consulting, coaching, and reporting and analytics. Integration with the Regence portfolio provides innovative solutions that can be tailored to meet your company's needs and forge a culture of health.

1. Regence 360Me Foundations

Foundations is a low-cost option for employers that are new to wellness. This product is designed to help you generate awareness, drive health education and encourage your employees to adopt healthy behaviors and engage in prevention.

2. Regence 360Me Advanced

Advanced is for employers that have some wellness program experience and are looking to increase engagement. This product offers enhanced program and incentive tools, and focuses on changing behaviors and improving employee engagement.

3. Regence 360Me Custom

Custom is an outcomes-based product for employers that want to incentivize outcomes and drive cultural and environmental changes. This product is a fully customizable health and productivity solution.

Regence 360Me Add-Ons: We also offer a variety of options that can be added to your Regence 360Me product, including biometric screenings, flu shot clinic administration, device integration, additional event support, wellness consulting and analytics support.

Let us help you build a culture of health that increases employee productivity and drives down costs.

TO LEARN MORE about Regence 360Me, contact your producer or Regence sales representative.