



## Workplace Wellness: Online Health Improvement Programs

Wellness issues important to you – brought to you by the Human Resource specialists at the **Extensis Group**.

Wellness programs are all the rage and can make a dramatic positive change in your employees' health and overall well-being. Yet, sometimes employers struggle to connect with their employees and have trouble driving home encouraging messages about staying fit, eating well and getting the proper medical care. Web-based health improvement programs may be just the ticket to combat these communication barriers, as they assist employers in extending their reach and impact through wellness programs. Most online tools allow employers to customize their Web sites and offer many features, such as self-care information and personal weight management tracking.

### Online Health Improvement Program Features

Most programs feature the following tools for you and your employees:

- A customized homepage providing secure access to company-wide information and resources about wellness and improving your health.
- Health risk assessment (HRA) tools.
- Employees can also receive feedback on their HRA results and risks based on their behavior. You, as the employer, will receive aggregate reports on participant health information in order to customize your wellness initiatives based on the risks of your employees.
- Daily personal health suggestions and news on such topics as diabetes, heart disease, nutrition and stress relief.
- Self-care tools that highlight disease information, symptoms and treatment options.
- Seasonal health news (allergies, frostbite prevention, sun cautions, etc.)
- Employees have the ability to compile their own personal health information in a secure location, such as prescription information and lab test results.
- Personal health coaches for employees. These Web-based tools allow coaches to reach out to your employees and guide them towards engaging in positive health behaviors.

Online health improvement programs offer companies the ability to provide health management solutions to reduce health-related costs, improve employee well-being and stimulate productivity. They also remove the challenge of being able to reach employees effectively, as your workers only need to travel to their desktops to obtain the information. To learn more about Web-based health programs, contact **Extensis** today!

#### *About Extensis Group, LLC*

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