



WELLNESS PLAYBOOK

From Prevention to Chronic Care, We Have You Covered.

Welcome

Maintaining a healthy, productive workforce is essential to any successful business. Our employer solutions help support employees at all life stages, in good times and bad, where and when they need it most. EMI Health truly cares about helping your employees improve their well-being and providing the right tools to each individual so they can enjoy healthy, balanced lives. Our focus is to improve the member experience and help reduce costs for your organization.

Health & Wellness

Your Employees, Their Goals, Our Support

Our Health and Wellness program is one of the most robust and comprehensive programs on the market today. Our mission is to help prevent illness and increase overall member health by working with your team to establish a wellness plan that meets your organization's unique set of needs. We offer both onsite preventive resources and digital tools to keep members on track and give them easy access to the resources they need in order to reach their personal wellness goals. Engagement in our wellness program helps to improve employee performance and overall productivity.

Improve Employee Health and Reduce Costs for Your Organization

41% employee engagement

60% employee performance

62% productivity

Onsite Programs

- Biometric Screenings
- Flu Shot Clinics
- Mobile Mammograms
- Wellness Seminars
- Health Fairs
- Healthy Cooking Demos

Virtual Resources

- BE WELL Digital Platform
- Personal Wellness Coaching
- Telemedicine
- Wellness Challenges
- Member Wellness Dashboard
- Activity Tracking
- Health Risk Assessment
- Daily Habits Log
- Educational Videos





Wellness Program at a Glance

From Prevention to Chronic Care, We Have You Covered.

EMI Health has partnered with WebMD and Magellan Health Services to deliver a complete wellness and clinical care management program for our members.

- **On-Site Services**

Flu shot clinics, on-site biometric screening events, and mobile mammograms are just a few of the services offered as part of our efforts to add convenience for your employees.

- **Acute Care Management**

Members can work with a team of pharmacists, nurse care managers and mental health social workers to properly manage acute diseases so they aren't alone in navigating the healthcare system.

- **Disease Management**

Analytics identify gaps in care and the clinical team intervenes so members get back to adherence and better health.

- **Utilization Management**

Pharmacists and nurses help prevent unnecessary pharmacy and medical utilization procedures and costs.

- **TeleMed**

Members can reach a TeleMed doctor 24/7/365 for questions and certain medications. With \$0 consultations, members save time and money.

- **BE WELL, Digital Wellness Platform**

Our digital wellness platform, BE WELL, brings the most comprehensive set of wellness tools together in one place. Each member will have access to a personalized dashboard that focusses on each individual's unique health-related goals. BE WELL empowers members with choice, provides guidance and structure for their interests and measures success based on personal progress.

Members can access BE WELL by logging in to their account at emihealth.com.

Your employees can get started right away and enjoy the benefits of our comprehensive wellness program by logging into the member portal at emihealth.com

Onsite Services

Convenient Access to Preventive Resources for Your Employees

With onsite services such as regular health screenings as part of our wellness program, your employees can better understand their current state of health and prevent the risks for developing life-threatening chronic conditions. Our onsite wellness services help to eliminate the obstacles or excuses that get in the way of receiving timely medical screenings. Our onsite programs have also been shown to decrease overall costs associated with member claims and can help increase company productivity.



Biometric Screenings

Onsite biometric testing allows your employees to receive instant feedback on key biometric data related to their current health and well-being status. Trained experts help with detection and prevention of more serious health related issues. Testing data is seamlessly imported into our BE WELL platform so members can use their results to help set goals and track progress. Biometric screenings include blood pressure, cholesterol, glucose, and BMI.



Flu Shot Clinics

Annual flu shot immunizations are provided onsite to help you and your employees prevent the severity of the influenza virus and help decrease sick days. Our team helps coordinate high quality administration of flu shot clinics in the convenience of your workplace so your employees don't have to take valuable time away from the office.



Mobile Mammograms

Studies have shown that early detection of breast cancer, significantly decrease mortality rates along with potential healthcare costs associated with treatment. Mammograms are proven to be the best diagnostic technique for screening. Help save lives by scheduling regular mobile mammograms with certified technicians.



Wellness Seminars

Help educate your employee population so they have the tools and knowledge they need to implement lifestyle changes and improve their daily habits. Schedule an onsite seminar so your employees can learn health-tips and tricks related to heart disease, nutrition, healthy cooking and more.

*Minimum participation numbers apply for screenings, mobile mammograms, and flu clinics.
Minimums vary depending on location.



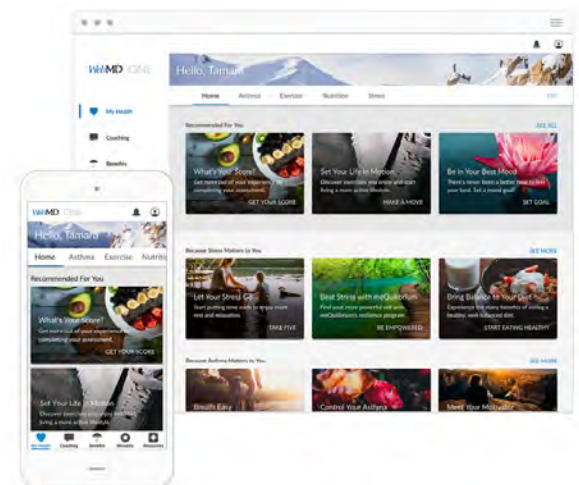
BE WELL Digital Wellness Platform

A wellness platform specifically tailored for every individual's unique goals

EMI Health has teamed up with WebMD Health Services to create a comprehensive well-being tool that has the power to help your employees implement healthy lifestyle changes. BE WELL engages each member on a personal level and helps to provide continual guidance and direction.

Each individual's view into the BE WELL dashboard is unique. It's based on the member's priorities, health risks and biometric testing data. As a result, it's completely tailored to your population's needs and preferences. Your employees will have access to all the right tools in one convenient location in order to set goals and achieve what matters most to them. They'll receive a recommended plan-of-action, helpful tips, reminders related to specific tasks, and will have the ability to track and log their daily habits. BE WELL can help point your employees in the right direction and help them stay on track throughout their wellness journey.

Eligible EMI Health subscribers* who currently have a medical plan can access BE WELL through the member portal at emihealth.com.



BE WELL can help your employees:

- Track personal health
- Set goals
- Work on daily habits
- Compete in group challenges
- Work with a personal coach
- Manage specific health conditions
- Sync health-tracking devices
- Tap into educational resources



Personal Coaching

Work with a personal health coach to stay on track

Certified personal health coaches are available for your employees to help guide them in setting, tracking and achieving specific wellness goals. Health coaching services are provided for free as part of our medical plans. We've teamed up with Magellan Health to ensure your employees are getting top-notch services from trained experts.

How does it work?

- Members can call or email a health coach right away to start mapping out their goals.
- Coaches act as a personal champion providing consistent support and guidance.
- Members receive current research and health tips that help them push through barriers.
- Participants are held accountable and get the reminders they need in order to achieve their personal goals.
- Coaches treat each member as a unique individual to ensure they are getting the exact kind of support they need.

Areas of Focus:

- Diet & Nutrition
- Exercise & Activities
- Stress Management
- Sleep Program
- Tobacco Cessation
- Diabetes treatment and prevention

Members can contact a health coach and get started today! Access to health coaching is also available through our BE WELL platform in the EMI Health member portal for those that have medical plans.



TeleMedicine

Telemed services can significantly reduce plan utilization while providing added convenience for your employees

Your organization can save time and money while still providing the treatment your employees need, through EMI Health TeleMed by WellVia. Your employees can consult with a doctor over the phone for free anytime, from home or even while traveling. What this means is that a good part of your employee's doctor and urgent care visits can actually be taken care of by a simple over-the-phone consult with a Telemed physician, cutting back considerably on the time and costs associated with in-person visits.

70% of doctor visits can be handled over the phone using TeleMedicine.

40% of urgent care visits can also be managed over the phone.

*In accordance with telemedicine guidelines, ear infections are only diagnosed for patients that are 18 years of age or older.

WELL VIA
1-877-872-0370



Download the
WellVia mobile app



Integrated Care Management

One connection for all health and wellness needs

Integrated Care Management simplifies the way your employees access and receive support by providing real value in areas that have been proven to make a difference.

With pharmacists, nurses, mental health professionals, and health coaches working together in the same location, members do not have to make multiple phone calls or explain their situation to different people. Our focus is on making it easier for your employees to understand their benefits and to enjoy their wellness journey.

When to contact the Integrated Care Management Team:

- If the member has been newly diagnosed with a health condition
- If the member is being discharged from the hospital
- If the member has questions about their healthcare decisions
- If the member is making lifestyle changes
- If the member needs access to educational and community resources

To learn more about how we can help simplify the member experience, call 1-855-586-2568 or slccm@magellanhealth.com





Disease Management

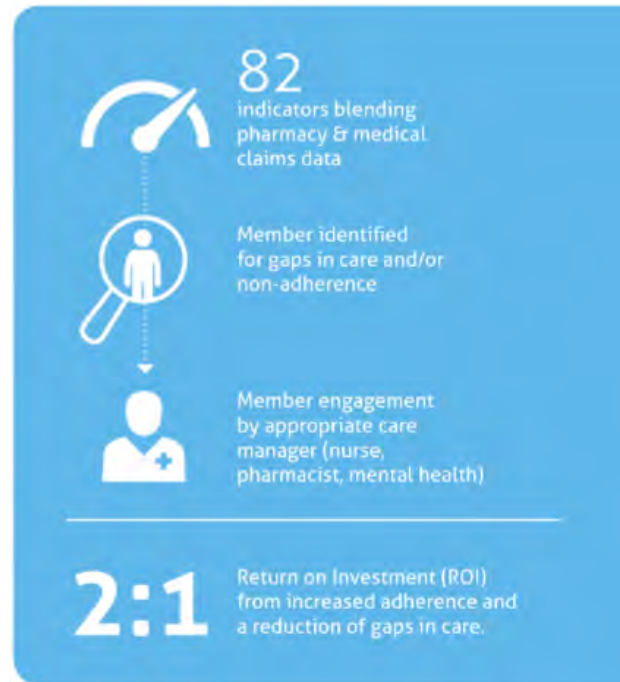
Providing members facing chronic diseases with the right tools

Members with ongoing and more serious health conditions can benefit from our Interventional Disease Management program which helps to eliminate gaps in care and improves adherence through analytics that identify members at risk (of non-adherence and inefficient medical pharmacy utilization). Proactive outreach to these members, along with education materials and adherence programs, give members a resource to make the best healthcare decisions. Better healthcare decisions mean better long-term health outcomes.

Member Resources

Members experiencing the conditions below receive educational information and tools, including an offer to engage in their own treatment plan and accountability for their own health. Members can consult with their nurse, pharmacist and mental health professionals for support and direction to manage their chronic conditions, such as the conditions the conditions below.

- Asthma
- CHF
- COPD
- CVA/Stroke
- Depression
- Diabetes
- Heart Disease
- Hypertension
- Kidney Disease



To learn more about how our Disease Management Program can help your organization, visit magellanrx.com



Acute Care Management

Helping members navigate major changes

From Hospital to home, our team is with your employees every step of the way. The Acute Care Management program connects members with clinical pharmacists, nurse care managers, and mental health social workers. This collaborative team works together with the member to ensure the proper medications, education and resources are received to avoid a return visit to the hospital. This support eases the stress of a hospitalization for your members and lowers costs to both the member and the plan.

Examples of Acute Care Management

- Cancer
- High Risk Pregnancy
- Pain Management
- Transplants
- Dialysis
- Large Claims
- Multiple ER Visits
- Out-of-Network
- Readmissions



Clinical pharmacist outreach is one way we can reduce hospital readmissions. We provide medication reconciliation for members ensuring appropriate use. These pharmacists also help members understand their new medication regimens and interactions.

To learn more about how a care management program can help your organization, visit magellanrx.com

LOOKING FORWARD

TO A HEALTHY FUTURE

Thank you for taking the time to review this information and we hope you found this useful.
Remember, we are only a link, call, or email away and we are always happy to help.

5101 South Commerce Drive
Salt Lake City, Utah, 84107
emihealth.com
1-800-662-5850

