

20/20 HEALTH INSIGHTS: Paths to building resiliency



The four pillars of health

We ask - what constitutes total health? As experts in workplace health and productivity, we have identified four pillars that interact to define individuals' total health:

- Physical
- Mental
- Financial
- Workplace productivity and resilience

A true measure of an employee's health must not only focus on physical elements, but incorporate mental health, financial habits and workplace factors too.

20/20 Health Insights and your organization

Our **20/20 Health Insights** is designed to identify the physical, mental, financial, and workplace productivity and resilience health risks within the employee population, encourage at-risk employees to take action to improve their total health, and provide solutions to help employees manage their risk over time. Assessment and results empowers your organization to focus wellness strategy, initiatives and support options.

Features of 20/20 Health Insights:

- Modular, user-friendly and confidential online assessment measuring the four pillars of total health:
 - o Physical, including biometrics, nutrition, hydration, exercise, smoking, sleep and more.
 - o Mental, including depression, anxiety, stress and more.
 - o Financial, including cash flow, tax, investing, retirement and more.
 - o Workplace productivity and resilience, including work-life balance, stress, satisfaction, and more.
- Robust reporting for the organization and individual identifying priority health areas, custom recommendations and related support resources.
- Support referrals to existing organizational programs, including the Employee and Family Assistance Program.
- Turnkey program implementation and ongoing program management support.
- Integration opportunities with existing wellness components and/or strategies, including our Health Engagement Tools.



supports employees in the areas most critical to their overall health and well-being with assessments and recommended actions regarding their physical, mental, financial and workplace productivity and resilience.

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Benefits of 20/20 Health Insights:

- Scalable, customizable wellness solution.
- Formal measure of the organization's total health status and priority areas.
- Modular assessment provides flexibility to fit range of budgets and wellness objectives.
- Secure, confidential online assessment designed for individual participation and engagement.
- Contains costs by identifying the unique drivers of organization's overall health profile and associated recommendations.
- Effective way to create awareness around key employer health or benefits programs available to employees.
- Empowers and drives at-risk employees to the best interventions and appropriate goal setting.

How it works

Upon selecting the specific modules to include in 20/20 Health Insights, a turnkey implementation plan will be designed for your workplace, including a formal launch and communications plan.

Upon launch, all participants will access and complete the 20/20 Health Insights assessment online. The results will include measures of sleep, nutrition, stress, weight, financial security and more. Both the organization (aggregate data) and individual participants will receive a custom report identifying priority health areas, custom recommendations and related support resources; at-risk participations will be driven to the best health interventions.

Results for your organization

We can help to contain costs and increase productivity by identifying the unique drivers of your organization's overall health profile and the integrated solutions to support them.

20/20 Health Insights provides the most robust and meaningful measure of the health of your organization and workforce. Through formal assessment, participation and reporting, your organization creates a baseline that will drive key wellness decisions and focus, and provide a measure for progress and future results.

To learn more about 20/20 Health Insights and our suite of integrative Total Health Solutions, contact your Account Executive directly or call 1.800.461.9722.



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