

# MyWellbeing For Employers

Turn-key education,  
engagement and well-being



MyWellbeing is a solution designed to address multiple pillars of health and well-being including mental, physical, social and financial.

## Program Scope and Key Features



### Simplified Administration

- Consistent, specific and planned programs
- Administrative support
- Quarterly start dates
- Annual aggregated reports tracking engagement and employee success



### Year Round Engagement

- Promotes complete health improvement with an interactive hub
- Biometric data integration for employee tracking
- Wearable device integration
- Web and App based platforms



### Packaged Employer Tool Kit

- Prepared employee communication and direction
- Customer service support
- Frequently asked questions guide for employers and employees



# “What makes this solution different from the ones I tried before?”



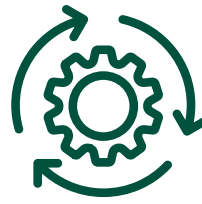
## Encourages & Drives Healthy Behaviors

- Compliments health insurance by driving preventive visits
- Encourages sharing of Health Risk Assessments with providers
- Rewards “knowing your numbers” with biometrics screening



## Employee Choice of Programming

- Employees can customize their journey or follow a preferred pathway
- Meets employees where they are on their personal journey



## Ongoing Engagement

- Proactive communication to employee
- Prevents “one-and-done engagement” with quarterly challenges to compliment preventive care incentives

## How does my company get started?

- Reach out to MercyOne or contact your benefits broker/consultant
- Choose a plan effective date
- Meet with the MercyOne team and implement the employer tool kit provided

**Watch your organizations culture of health and well-being be positively impacted.**

## Annual investment

1-50 lives: \$5,000

51-100 lives: \$8,000



For more information visit  
[MercyOne.org/business-solutions](https://mercyone.org/business-solutions)

## Who is MercyOne?

MercyOne is proud to offer health care services to employers of all sizes to drive down health care costs and maximize employee productivity, job satisfaction and overall health and safety.

Healthy employees are more productive, have fewer absences and are less prone to work-related injuries.

Whether you need employee physical exams, screenings, education or work injury treatment, see us for a customized plan. Whether in our clinics or an on-site visit to your location, MercyOne Business Solutions is here to support you and the wellness of your workforce!

## Contact us

[corporatehealth@mercydesmoines.org](mailto:corporatehealth@mercydesmoines.org)