



Wellbeing Solutions

Holistic care to support a healthier, more productive workforce

We understand the importance of giving your employees benefits to care for their whole health — financial, emotional, physical, and overall well-being. Wellbeing Solutions uses a whole-person approach to build a clear picture of each employee's health.



Awareness

Using the power of data and artificial intelligence (AI), we can identify your employees' health risks early and connect them to the care and resources they need. Employees have access to advanced digital tools, including a personalized health dashboard. We found that **92% of employers** agree that these digital capabilities are important in helping employees make informed healthcare choices.¹



Engagement

Wellbeing Solutions gives your employees the tools, resources, and positive reinforcement to stay on track with their wellness goals. This can help your employees engage in their care decisions and encourage them to invest in their health and well-being.



Outcomes

By giving your employees a holistic well-being experience, they can stay healthier over the long term. This means potentially higher workforce productivity and overall cost-of-care savings.

The proof is in the numbers

Based on our *Integrated Healthcare Report*, the majority of employers measure success by **employee engagement**.¹



51% of employers

measure success by **employee engagement**

Wellbeing Solutions combines a full suite of benefits with support for a wide variety of health goals — all in one complete program.

The report found that employers strongly agree that holistic, integrated care results in happier employees who are more productive.¹



Knowledge and prevention for healthier living

To promote engagement, your employees may receive:

- An online health assessment that shows areas they can work on to improve health and what to do next.
- Reminders for important checkups, tests, and exams.
- An ongoing evaluation of their claims data to help identify potential health risks.
- Proactive outreach, like gaps-in-care notifications, to help ensure they receive the care they need.
- An integrated behavioral health case management program to manage complex behavioral health needs, providing online mental health resources for depression, anxiety, substance use, and stress.



A personalized experience that promotes engagement

Your employees have personalized support through our mobile, digital, and telephone resources:

- A website and app for all their benefits in one place.
- Registered nurses available 24/7 to answer health or care questions.
- Information directing your employees to appropriate places for care.
- An integrated digital platform to help navigate the healthcare system with personalized interactions tailored to their unique needs, behaviors, and preferences.



Healthy results for healthy savings

Offering resources and guidance for care is essential for improved outcomes and cost savings. We offer:

- Support for diabetes, asthma, heart failure, coronary artery disease, chronic obstructive pulmonary disease (COPD), and end-stage renal disease through certified and clinical staff.
- Expert clinical reviews for cardiology, radiology, musculoskeletal conditions, radiation therapy, genetic testing, surgeries, sleep disorders, specialty pharmacy, and rehabilitation services to help control unnecessary treatment and costs.
- Help understanding and managing medications, as prescribed by the doctor.
- Utilization and care management programs that help employees choose the right services for their diagnoses or conditions, and offer guidance after hospitalization, a major illness, or mental health event.
- Support for healthy pregnancies and healthy babies, including lactation education.
- Quality care programs that support members with cancer or those who need transplants.
- Autism program support with applied behavioral analysis for members on the autism spectrum.
- Guidance to appropriate sites of care to avoid unnecessary emergency room visits.
- Integrated client reports that show engagement and outcomes.

With Wellbeing Solutions, your employees can continue on their path to whole-person health, knowing they have the care and support to help them with each step. [Talk to your Sales account representative to add Wellbeing Solutions to your plan.](#)

Reasons to use rewards

Consider adding an engagement package to encourage healthy behavior.



Research shows employees offered rewards are **TWICE** as likely to engage in care.²



Engagement packages motivate employees to participate in wellness activities.



Our expertise can help achieve measurable results for you and your employees.

¹ Anthem Integrated Healthcare Report, September 2020.

² Anthem internal data, 2019.

Available for fully insured businesses with 51 or more subscribers. In CO, available for 101 or more subscribers. Product availability may vary. Contact your Anthem representative for more information.

Wellbeing Solutions foundational programs are available to employees and their covered dependents.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compare Health Services Insurance Corporation (Compare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compare underwrites or administers HMO or POS policies. WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.