

*fact sheet...*

## UBA WellnessWorks



*UBA WellnessWorks is a complete health-management solution which provides employers with integrated resources strategically designed to improve the lives and health of their employees and organization.*



*UBA WellnessWorks is designed to be simple and easy to understand for you and your employees. It eliminates guesswork by combining the right programming, effective communications, meaningful incentive strategies, and ease of administration to make a wellness program successful in your organization.*



UBA WellnessWorks—an integrated wellness solution designed to reduce risks, improve employee health, and increase productivity—is geared towards engaging 100 percent of an employer's population in some type of activity based upon their interest.

### Key Features include . . .

- **Wellness Assessment**—helps each person identify specific health risks and establish steps for improving health and changing at-risk behaviors.
- **Healthy Living Programs**—6-week personal programs designed to help individuals make lifestyle changes and achieve their health objectives in key targeted areas.
- **Population-Based Health Action Activities**—includes challenges and seminars that address the major health improvement needs of your employee population.
- **Content-Rich Online Tools**—available 24/7, and includes Chronic Care Guides, Prescription Drug Database, Medical Encyclopedia, Healthy Recipes, Virtual Trainer, Health News, and much more.
- **Incentive Tracking and Program Management Tools**—a convenient, accurate tracking system for plan participation that also creates useful reports for monitoring results.
- **Easy-to-Use, Pre-designed Communications**—includes posters, flyers, brochures, and other ready-to-brand communications.
- **Nurse-Based Decision Support and Referral**—gives users 24/7 phone access to licensed RNs who offer guidance and answers to healthcare questions, in addition to serving as the triage into other appropriate health-action activities.
- **Telephonic Wellcoach Program**—personal coaching support for six substantial prevention programs: Weight Loss, Get in Shape, Stress Relief, Healthy Heart, Diabetes Fighting, and Smoke Free. This high-touch support complements the Healthy Living Programs available online.
- **Telephonic Chronic Disease Management Program**—the industry's most comprehensive personal coaching for individuals with high-cost, lifestyle, and chronic conditions, such as asthma, congestive heart failure, pulmonary disease, diabetes, and coronary artery disease.
- **Onsite Blood Screenings**—includes blood pressure measurements and finger-stick biometric screenings.

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