



Healthy for Life

Wellness Program



2020 - 2021 Program Offerings

- The Healthy for Life program is offered to all full-time employees and is designed to assess your personal health and provide educational opportunities that improve the overall health of the company.
- Participants who complete an annual health screening will have the opportunity to receive a discounted health insurance premium.
*See the Healthy for Life Incentive Program flyer for complete details

ANNUAL HEALTH SCREENING

Employees covered by the health plan can earn a monthly discount off their health insurance premium by completing the following three steps:

- Step 1: Convenient, on-site* Biometric Screening
*off-site forms available
- Step 2: Online Health Risk Assessment (HRA) questionnaire
- Step 3: Private one-on-one consultation to review results (voluntary)

TIMELINE

- Wednesday, October 14th: Online scheduling opens
- November 5th - 24th: On-site health screenings
- November 30th - December 9th: Follow-up consultations

PROGRAM OUTCOMES

- Awareness of individual health
- Enhanced quality of life
- Increase health knowledge via educational opportunities
- Reduce risk of preventable diseases
- Improved lifestyle behaviors

ADDITIONAL FEATURES

Health Shelf

An online wellness hub with interactive self-checks to help you dig into a topic of your choice.

Online Interventions

Make lifestyle goals a reality with state-of-the-art video-based workshops. Break through barriers that have kept you from achieving in the past... and create a future free of doubt.

Educational Opportunities & Activities

Lunch & Lean presentations, wellness newsletters and health challenges

Health Coaching

Private, one-on-one sessions designed to assist with healthy lifestyle changes. Health coaching includes private 20 minute sessions with individuals, either on-site or telephonic to help improve their health. Services include but are not limited to a monthly weigh-in, food journal review, blood pressure measurement, nicotine cessation counseling, and goal setting. Health coaching provides the accountability individuals need to achieve and maintain a healthy lifestyle.

Quarterly Health Checks

Voluntary health checks measuring weight, body composition, waist measurement and blood pressure

GOOD TO KNOW

- Your Personal Health Information is confidential & handled according to national privacy laws (HIPAA)
- If you would like to participate in the Healthy for Life program, but are unable to meet the requirements due to personal reasons, please contact us as alternatives are available.



Making Better Lives.

Rock Valley
HEALTH

Questions? Kara Kurtz • kara.kurtz@rockvalleypt.com • 563-324-0008