



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 Sydney HealthSM, our advanced digital app, which includes 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

Employers strongly agree that holistic, integrated care results in happier, more productive employees. Based on a recent study, a majority of employers are measuring success by employee engagement compared to return on investment (ROI).¹



51% of employers
measure success by
employee engagement

vs.



29% of employers
measure success by **ROI**

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

Our program cost is up to **25% lower** than purchasing individual solutions. Save up to **\$6 per member per month (PMPM)** on cost of care — up to **2.5 times** your investment.²



Knowledge and prevention for healthier living

To promote engagement, your employees can access:

- 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.



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, and specialty pharmacy 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 with their diagnoses or conditions, and offer guidance after hospitalization, a major illness, or a 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 reporting that shows engagement and outcomes.



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.

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.](#)

Reward your employees

Consider adding an engagement package to encourage healthy behavior.



Research shows employees offered rewards are TWICE as likely to engage in care.³



Engagement packages motivate employees to take part in wellness activities.



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

¹ Anthem Integrated Healthcare Report, September 2020.

² Anthem actuarial analysis, 2020.

³ Anthem internal data, 2019.

Product availability may vary. Contact your Anthem representative for more information.

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

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