



FOR EMPLOYERS

MISSION:

We want to partner with you to meet your business and health care needs.

We are committed to keeping your employees healthy during every stage of their life. Through prevention, education, and lifestyle changes, individuals can achieve their goals of living and working well. We believe preventive care contributes to greater health, and that healthy employees contribute to a healthier bottom line.

healthworks
by KAISER PERMANENTE®



PROGRAM PURPOSE

Unlock the health potential of your workforce and boost productivity with Kaiser Permanente HealthWorks. When you encourage your employees to achieve their health goals through healthy living programs, self-care resources, and preventive measures, you lessen the occurrence of health-related problems and employee absenteeism. By reducing absenteeism, you can increase productivity. Similarly, with a healthier employee population, you can also experience lower health care costs.

Making this type of investment in your employees can impact more than just your bottom line.

Although the cost of most of the HealthWorks programs is generally included in your health plan premium, the return on investment associated with these wellness programs extends beyond individual organizations and individual employees.

PROGRAM DESIGN

Organizations participating in HealthWorks programs receive healthy living seminars, self-care resources, and physical activity programs, as well as preventive care screenings that service your employees.

Through data from our total health assessment, claims, and/or chronic conditions reports, we can help you identify specific health issues and set educational goals. HealthWorks is a customizable health promotion program designed to bring health and wellness right to your workplace.

We can use your specific needs analysis to target chronic conditions such as diabetes, asthma, and Coronary Artery Disease (CAD), and provide on-site programs and services to address the unique health care needs of your employees. Programs may involve cost sharing with the employer group or employees, depending on the type of program and level of support requested.

CORE PROGRAMS

The core programs are available to all of your employees—they don't need to be enrolled in a Kaiser Permanente health plan. The following three components are included:

- **Health fair activities**—Traditional health fairs include screenings and interactive activities customized to meet your interests and goals at low or no cost to you.

Take care of business by taking care of your employees.



WORKSITE WELLNESS, SELF-CARE, AND HEALTH EDUCATION PROGRAMS

“The impact of employee health on business results stretches well beyond direct medical costs (e.g. health care premiums) to include indirect medical costs expressed as absenteeism, presenteeism, and both short and long-term disability.”

—Harvard Business Review

- **Health Seminars**—Seminars are one-hour presentations, typically held over the lunch hour. Kaiser Permanente health educators, registered nurses, registered dietitians, or other health experts may lead the seminars.
- **Communication materials**—Support human resources and /or benefit managers in the implementation of on-site activities, (e.g., Great American Smokeout, Flu Shot campaign materials).

GETTING STARTED

You first meet with your Kaiser Permanente Sales Account Manager and/or the HealthWorks Program Manager to identify interests, needs, and goals for HealthWorks activities. The Sales Account Manager and the Worksite Wellness Program Manager then work with you to develop a group-specific program to meet the health needs and objectives of your organization.

We recommend that each employer group have a celebration as a part of the formal rollout for health and wellness programs and adopt a long-term commitment for health promotion goals. Kaiser Permanente can help with planning.

The following programs represent a range of services and activities that are easy to implement and can be customized to meet your employee needs. You have the option to select a variety of programs based on the targeted population and theme.

The programs you choose can help you invest in your business, your employees, and your community.

For healthy employees, put Kaiser Permanente on the job.

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