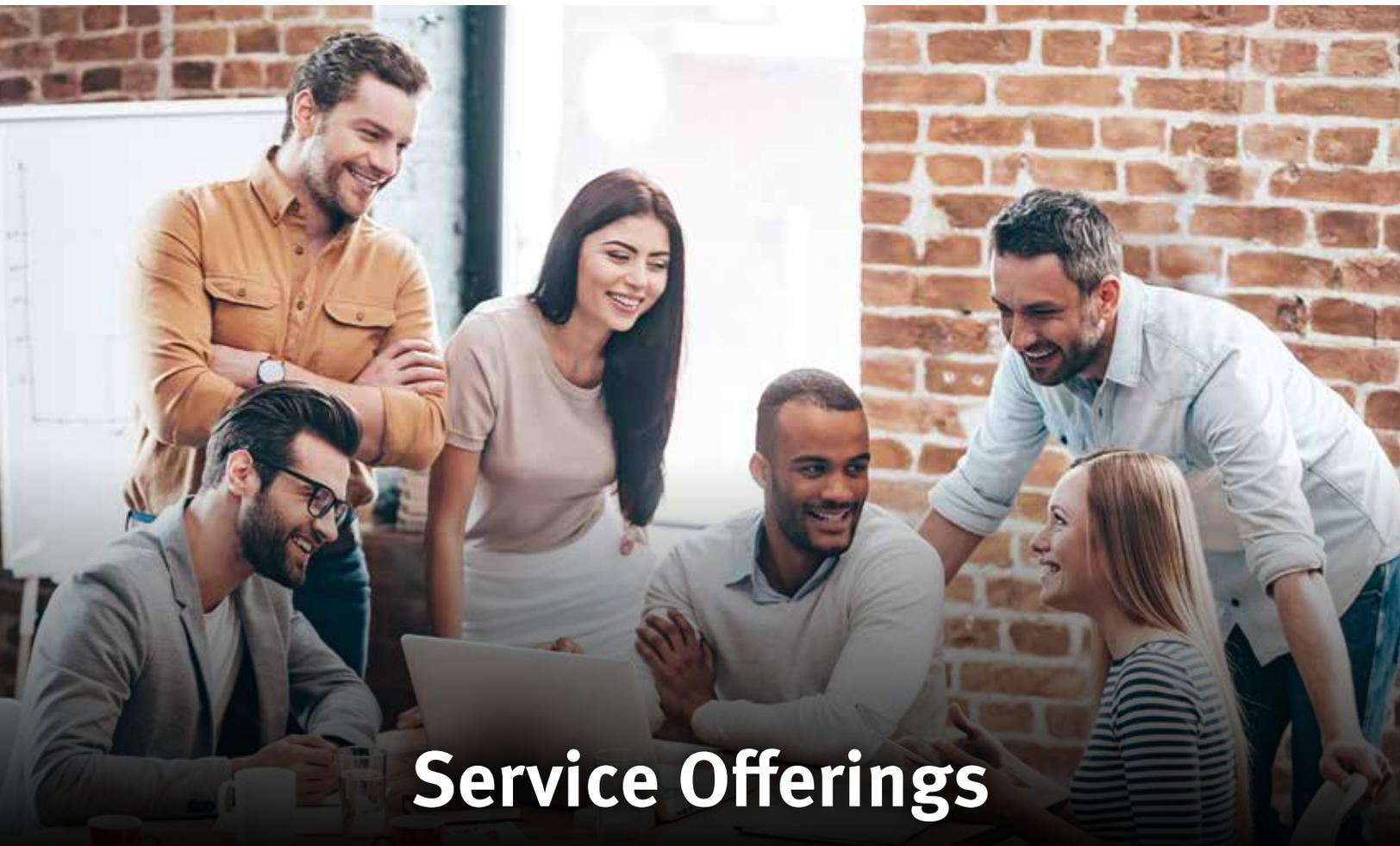




Healthier Employees. Healthier Results.



## Service Offerings

# What You Get with Health Designs

Through lifestyle education and a data-driven approach, our clients experience greater employee engagement and retention with more profitable outcomes. In fact, we are the national industry leader for attaining superior levels of participation and encouraging behavior change within the employee workforce.

With us, clients get a partner with exceptionally qualified, highly credentialed wellness experts. A key success tool—face-to-face wellness coaching—creates elevated levels of engagement that improve overall employee health and well-being. What’s more, our advanced processes, proprietary methodology and well-designed delivery of best practice solutions mean clients can define their own specific measures of success.

With our long history of outstanding results, it’s easy to see why we can guarantee a culture of more engaged employees and enduring health—for both the employee and the business.

## Success Drivers

### HD People

Highly degreed in health sciences, expert at both engaging people and inspiring behavior change. Professional, dependable and love the work.

### HD Process

Well-designed, evidence-based methodology throughout the entire service delivery process.

### HD Health Coaching

Well-being coaching is a methodology for us, not a role. Changing behavior is much more than just knowing what to do. It requires skilled Intrinsic Coaching. Every HD Health Coach is trained to connect personal values and desires to behaviors and self-improvement, which taps into the unique barriers holding people back from being their best selves.

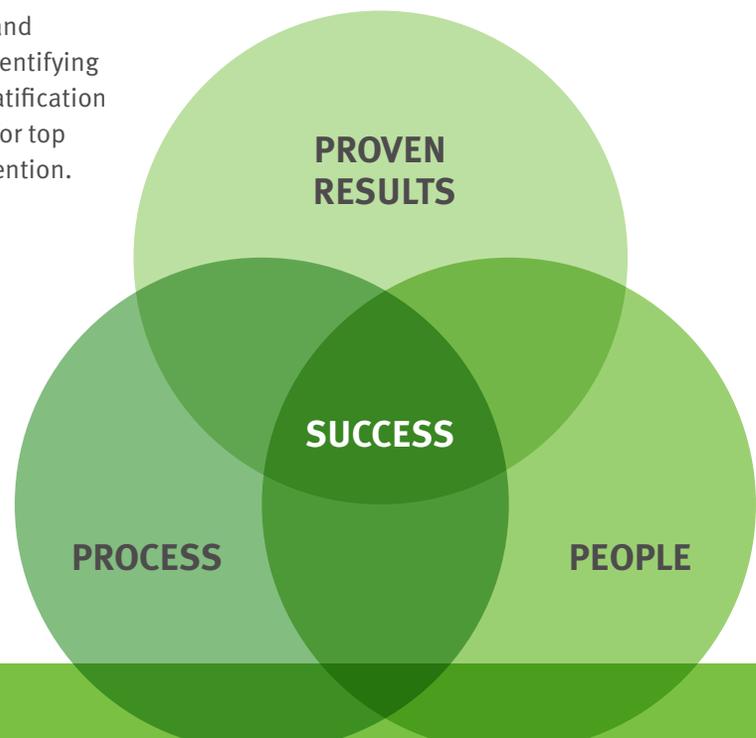
### HD Technology

SYNC is Health Designs’ proprietary electronic data capture system designed to increase accuracy, ensuring data integrity over manual processes. HD SYNC speeds reporting time significantly, providing visibility on risk levels and providing year-over-year data for every participant in our wellness portal.

### HD Reporting

Robust reporting demonstrates progress, engagement and impact. This includes identifying trends, cohorts, risk stratification and recommendations for top opportunities for intervention.

## HD Success Model



## Key Differentiators

Only Health Designs has the proprietary processes, methodology and deep expertise to guarantee a culture of more engaged employees and enduring health with more profitable outcomes.

### HEALTHIER

1.2M

1.2 million healthier lives. Results due to HD’s methodology and Intrinsic Coaching that create the highest rates of participation

### PEOPLE

73%

Number of participants who lower or maintain their risk levels over time

### EXPERIENCE

27+

27+ years’ experience as an industry leader pioneering numerous industry gold standards

# HD Service Team Model



A highly valued element of our program by clients is our dedicated service team's comprehensive approach to delivering all aspects of our programming and communication from start to finish.

Whether your needs include a stand-alone solution, a bolt-on solution or a package solution, Health Designs offers customized programs to meet each client's definition of success. Plus, you will gain a responsive, strategic and service-oriented partner throughout the engagement.

## HD Program Results

With Health Designs, you will have access to the most advanced, comprehensive health and well-being solutions that provide quantitative and qualitative results evidenced by proprietary data reporting and analytics.

\$238

Average cost savings of each HD cohort participant

73%

HD cohort participants who maintain health levels or have fewer risks

60%

Superior levels of engagement

# 2022 Service Offerings

## Biometric Screenings

- Total Program Management
- Onsite Biometric Screening with Coaching
- Offsite Screening Options:
  - LabCorp Voucher
  - Physician Form
  - At-Home Test Kits

## Additional Screenings

- A1C
- Cotinine
- CRP
- PSA
- TSH
- Bone Density
- Derascan
- BP & BMI Screening Only

## Well-Being Coaching

- Onsite and Offsite Options Available
- Telephonic Well-Being Coaching
- Ask a Health Coach Booth

## Technology Solutions

- Comprehensive Wellness Portal
- Reporting & Data Analytics
- Incentive Management

## Well-Being Content

- On Demand or Virtual Live Wellness Workshops
- Onsite Wellness Workshops
- Monthly Wellness Education
- HD Heartbeat

## Consulting

- Onsite Wellness Program Management
- Wellness Committee Designs & Optimization
- Participant Engagement Optimization

## COVID-19 Services

- Wellness Checks
- Onsite Antigen Testing
- Onsite PCR Testing
- Digital Workforce Management



*“Most impressive is that they have managed to succeed at the hard part...the piece of wellness that most shy away from—individual behavior change. Time after time, they have demonstrated results through their unique one-on-one coaching strategy. They get sticky with their clients because they care, and it shows in the loyalty they breed with all of their partners.”*

—National Insurance Broker

[Click here to read more testimonials from our clients.](#)

### Health Designs

At Health Designs, we believe passionately that this is an amazing world, and we can each make a difference. Here, we help and inspire others to live their fullest, best life.

Every year, hundreds of diverse employers from every major sector nationwide choose Health Designs as their wellness partner. With offices in Ponte Vedra Beach, Florida, and Spokane, Washington, Health Designs has provided foundational, results-oriented wellness solutions in workplaces around the country since 1995. Health Designs has been recognized with many industry

awards over the years, including being named one of the “Healthiest Companies” by the First Coast Worksite Wellness Council (FCWWC) for over ten consecutive years.

The Health Designs team is highly credentialed and expertly trained to create meaningful experiences and measurable outcomes for employers. Through industry best practices and a robust wellness platform, Health Designs consistently creates a culture of better overall health and more engaged employees.



www.HealthDesigns.net • 904.285.2019

