



Improving wellness reduces health risks and avoids future costs

American Health's Wellness programs are a solution for employers who are looking to reduce future health care expenses. Targeting both healthy individuals and those who are at risk of developing a chronic condition, American Health's Wellness programs help members achieve healthier lifestyle behaviors through a Wellness Portal, Biometric Testing and Lifestyle Coaching.

Addressing Health Risks

Weight Control

Tobacco Cessation

Healthy Eating

Physical Activity

Stress Management

Wellness Portal

American Health's Wellness Portal provides a wide range of online resources focused on member-specific needs. Key features include a health risk assessment, personal health record, health trackers, symptom checker, rewards center, digital coaching, drug guide and a wealth of other decision-support tools.

Biometric Testing

Onsite or offsite biometric testing options are available to help members understand potential health risks and increase engagement through the use of the Wellness Portal and Lifestyle Coaching.

Lifestyle Coaching

Through a dedicated, one-to-one coaching approach via telephone and through the Wellness Portal, Lifestyle Coaching utilizes the latest behavior-change science and highly credentialed health professionals to drive sustainable health outcomes.

- Program Highlights -

Supports both healthy and at-risk participants in setting goals to reduce the risk of future disease

Comprehensive Wellness Portal includes a health risk assessment and interactive support tools

Personalized Lifestyle Coaching motivates and empowers individuals to modify lifestyle behaviors

Director of disease management and wellness assists in developing a plan for optimal engagement

Referrals to Disease Management for additional member support and plan savings opportunities

POPULATION HEALTH — MANAGING MEMBER RISK

Targeting healthy and at-risk members, Wellness is one of three products available in our Population Health Management solution.

Wellness
Performance-Based Wellness
Disease Management



Health Utilization Management
Expires 11/01/2020



Case Management
Expires 11/01/2020



Disease Management
Expires 11/01/2020