

The Client:

An international Fortune 200 financial services company with more than \$81 billion in assets

The Challenge

Implement a wellness-screening program that focuses on individual employees to encourage participation

The CHS Response

Tailor a program specific to the customer's goal of encouraging wellness behavioral changes among the employee population:

- Regular screening events
- Group counseling and education
- Nurses available to assess results and answer employee health questions
- Anonymous health risk assessment submission
- Online and email coaching based on individual employee risk factors



The CHS Difference

Proactive program met its goal and is credited with enhancing the organization's reputation as an employer that truly cares about the well-being of its employees. The U.S. Dept. of Health and Human Services also reports that wellness programs:

- Reduce health-related costs by \$50 per employee per year
- Result in an ROI of \$3.14 for every \$1.00 spent

The Challenge:

In 2003, as part of its workforce health management initiatives, the customer turned to Comprehensive Health Services (CHS) for help in reducing and preventing obstacles to employee productivity, with a goal of implementing a wellness-screening program that responds to individual health risks and encourages full workforce participation.

The CHS Response:

CHS developed a program responding to the customer's goals of encouraging full employee participation in its wellness initiatives and fostering wellness behavioral changes within the workforce. CHS used time-tested methods, including monetary incentives, to motivate employee involvement by providing regular screening events that assessed risk factors such as blood pressure, cholesterol and glucose profiles and BMI. During screening events, nurses answered employees' questions and conducted group counseling and education sessions. CHS also coordinated with the customer's HR department to set up employee appointments online and provide employees with access to online and email coaching on lifestyle management based on their individual risk factors.



The CHS Difference

After three years of wellness screenings, CHS' customer has doubled the number of employees who participate in the company's wellness initiatives. CHS' proactive approach to managing workforce health is credited with engaging individual employees and encouraging better lifestyle management decisions. The

wellness program has also been an excellent tool for CHS' customer to provide additional employee benefits and demonstrate the employer's commitment to the health of its employees.

As the program continues, CHS' customer could see a 14% decrease in absenteeism and a 12.5% boost in workforce



productivity, according to figures from the U.S. Dept. of Health and Human Services and the Wellness Councils of America.



About CHS

Founded in 1975, Comprehensive Health Services, Inc. (CHS) is a leader in the management of nationwide workforce health programs. We offer major corporations and government agencies flexible, customized employee health services, from pre-placement and fitness-for-duty exams to workers' compensation, disability and case management, medical surveillance, and wellness and health promotion programs.

CHS is the only major firm with a broad, three-fold service delivery capability—worksite health programs, an extensive national network of health care providers, and medical readiness teams. This approach enables us to build the most flexible and ideal workforce health programs to fit the special needs of each client's workforce demographics, health risks, and productivity goals. *Our services are available individually, in clusters, or as a single, comprehensive and seamless employee health program.*

- Onsite Health Centers
- Medical Exams
- Wellness & Health Promotion
- Absence Management
- Environmental Health & Safety

We partner with our customers to understand their businesses and build customized solutions that put employees first. CHS' proactive, comprehensive approach—refined by best practices built on decades of experience—helps customers maintain a healthier, more stable and productive workforce.

For more information about CHS Wellness and Health Promotion programs, call us at 1-800-761-6333 or visit us at www.chsmedical.com

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