



2017

Dates: 09/01/2017 -12/15/2017

Royal American Companies

Health Screening Report

Presented by Stephanie Germann MMS, CSCS, CPT

Florida Blue 

BetterYou



Participation and Demographics



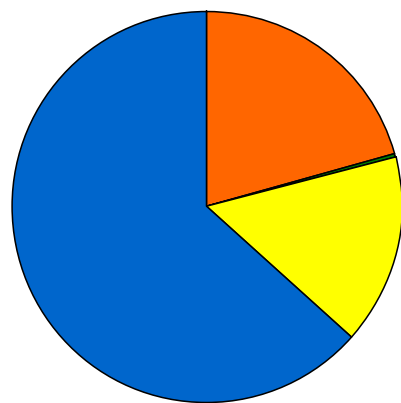
40%

PHA Completion
 There were 316 participants that completed the PHA out of a possible 790.
 Last year: 324 of 789 (41%).

Numbers You Should Know

 **343**

Employees Screened Last year: 307



- 21% African American (66)
- 0% Amer Ind/AK Native (0)
- <1% Asian or Pacific Islander (1)
- 0% Caribbean Islander (0)
- 0% Multi-Racial (0)
- 16% Other (49)
- 63% White (200)

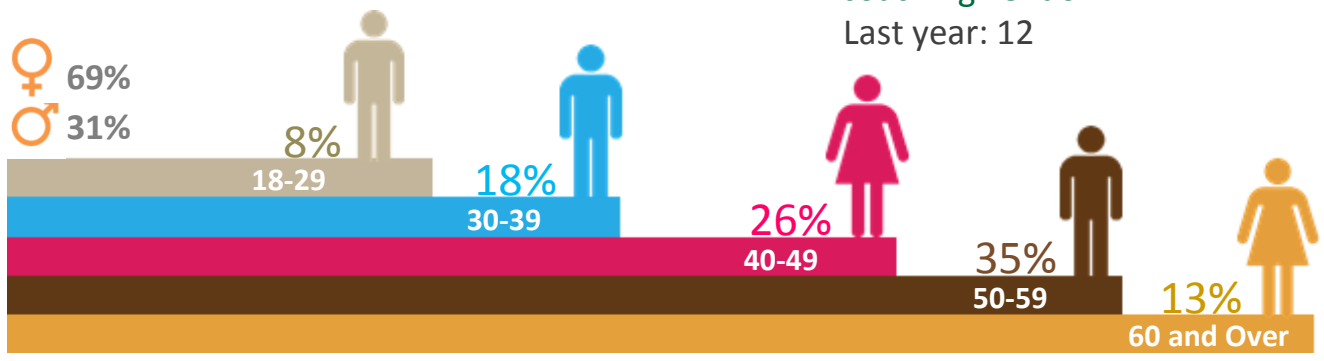
95 self-identified as Hispanic (30.1%)

12

Participants Identified as Having Critical Values
 Last year: 12

12

Members referred to coaching vendor
 Last year: 12



AGE GROUPS



Population Risk Profile

Wellness Score for this population:

67

Your group wellness score is an average of the individual scores, which reflect health risks. Information is provided on ways to reduce those risks through lifestyle changes.

“ Organizations should aim for a low risk population of 70 - 85% to be successful over the long term. ”

-- Dee Edington, PhD. WELCOA Expert Interview, David Hunnicut (2009)



LOW RISK (0-2 factors)

Individuals who are well-suited for health promotion and education programs to delay or prevent migration to the higher risk categories



BORDERLINE (3-4 Factors)

Individuals who are likely to escalate into disease conditions and may be suited for behavior modification programs



HIGH RISK (5 or More Factors)

Individuals who are likely to have associated diseases amenable for disease management programs

47%



of your organization's screening participants are in the low risk category as compared to 41% last year.

39%



of your organization's screening participants are in the borderline risk category as compared to 40% last year.

15%



of your organization's screening participants are in the high risk category as compared to 19% last year.



Top 4 Risk Factors - Risk Reduction

At-Risk percentage shown is based on the number of participants categorized as Borderline or High Risk for each area.



80%

BMI

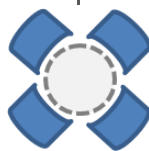
- ▶ Based on height and weight. Value ≥ 25 considered at-risk.
 - ▶ Online multi-media presentations on weight, nutrition and physical activity
 - ▶ Wellness presentations on weight management, nutrition and physical activity
 - ▶ Healthy Words of Wisdom on weight management, nutrition and physical activity
 - ▶ 8-week Am I Hungry?[®] Mindful Eating Weight Management Workshop
 - ▶ 5-week Color Me Fit Lifestyle Improvement Program



79%

Diabetes

- ▶ Based on age, weight, and activity level.
 - ▶ Wellness presentations on diabetes prevention and management
 - ▶ Online multi-media presentation on Diabetes
 - ▶ Florida Blue Retail Center blood glucose screenings for members
 - ▶ Healthy Words of Wisdom on Diabetes



74%

Nutrition

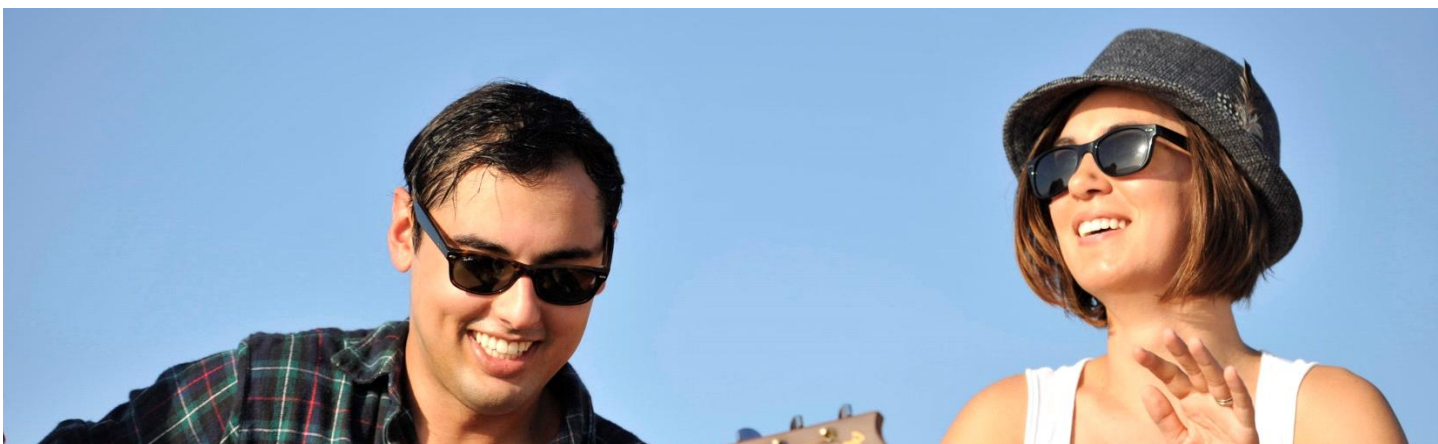
- ▶ Based on frequency of fat, carb, fruit, and vegetable consumption.
 - ▶ Online multi-media presentation on various nutrition topics
 - ▶ Wellness presentations on various nutrition topics
 - ▶ 8-week Am I Hungry?[®] Mindful Eating Workshop
 - ▶ Healthy Words of Wisdom on Nutrition
 - ▶ 5-week Better You Nutrition Series



68%

Blood Pressure


- ▶ Values $\geq 120/80$ considered at-risk.
 - ▶ Online multi-media presentation on blood pressure and heart health
 - ▶ Wellness presentations on blood pressure and heart health
 - ▶ Florida Blue Retail Center blood pressure screening for members
 - ▶ Healthy Words of Wisdom on Blood Pressure
 - ▶ 6-week onsite Blood Pressure program



Biometric Results


Body Mass Index

SCORE 56




80%
At-Risk for High Body Mass Index

The CDC says 35% of adult Americans over age 20 are obese, another 34% overweight. Total increase in medical \$ for high-BMI employees in your organization is estimated at \$166,923.

 1% increase from last year.

Cholesterol Results

SCORE 85¹




17%
¹At-Risk for High Cholesterol Ratio

A ratio of Total Cholesterol to HDL less than or equal to 5.0 is considered ideal.

37%
At-Risk for High Total Cholesterol ²

The CDC says 13% of Americans have high total cholesterol. Values less than 200 are considered ideal.

 ² 4% decrease from last year.


75%
At-Risk for Low HDL Cholesterol

Ideal HDL values are greater than or equal to 60 for both men and women.

36% LDL | **21%** Triglycerides


Blood Pressure

SCORE 64




68%
At-Risk for High Blood Pressure

The CDC says 29% of americans have pre-hypertension, another 29% have high blood pressure. Total increase in medical \$ for high-BP employees in your organization is estimated at \$95,082.

 0% decrease from last year.

Diabetes


SCORE 52³



83%
³ At-Risk for Diabetes

30%
At-Risk for Glucose

The CDC and ADA say 9.3% of Americans age 20+ have diabetes, 37% have prediabetes. Est. increase in medical \$ for 29 diabetic employees in your organization: \$47,937.

 ³ 4% increase from last year.

Preventive Health

% of participants who have not completed the listed item.













 **79%** Flu Shot |  **9%** Annual Exam

 **21%** Mammogram |  **43%** Colonoscopy

 **20%** Pap Smear



Lifestyle Choices

<h3>Nutrition</h3> <p>SCORE 60</p>  <p>74% At-Risk for Poor Nutrition</p> <p>The statewide averages for risk categories for nutrition among employer groups in the Better You program are: 23% ideal; 37% borderline; 40% high risk.</p> <p> 1% increase from last year.</p>	<h3>Physical Activity</h3> <p>SCORE 65</p>  <p>54% At-Risk for Physical Inactivity</p> <p>According to the CDC, 52% of Americans are at-risk due to physical inactivity. Total increase in medical \$ for inactive employees in your organization is estimated at \$69,690.</p> <p> 7% decrease from last year.</p>	<h3>Stress Management</h3> <p>SCORE 66</p>  <p>54% At-Risk for Stress</p> <p>The average stress at-risk value among employer groups in the Better You program is 51%. Total estimated medical \$ increase for high-stress employees in your organization is \$46,669.</p> <p> 0% change from last year.</p>
<h3>Depression</h3> <p>SCORE 82</p>  <p>26% At-Risk for Depression</p> <p>According to the CDC, approximately 7.6% of Americans over the age of 12 had depression. Total increase in medical \$ for 88 employees diagnosed with depression in your organization is estimated at \$192,192.</p> <p> 2% decrease from last year.</p>	<h3>Tobacco Use</h3> <p>SCORE 87</p>  <p>13% Use Tobacco Products</p> <p>The CDC says 16.8% of Americans are current cigarette smokers, and another 3.6% use smokeless tobacco. Total increase in medical \$ for tobacco using employees in your organization is estimated at \$18,784.</p> <p> 1% decrease from last year.</p>	<h3>Alcohol Use</h3> <p>SCORE 83</p>  <p>25% At-Risk for Alcohol Use</p> <p>In the US, 24.6% of people ages 18 + reported binge drinking and 6.8% reported heavy drinking in the past month.</p> <p> 1% decrease from last year.</p>



Critical Value Results

Participants with blood pressure of 160/100 or higher, or blood glucose of 200 mg/dL (300 for diabetics) are referred to a nurse for assistance and confidential counseling.

100%

of the previously diagnosed participants indicate **they take medication as prescribed.**



92%

of critical value participants **became aware they had a critical health condition** during the health screening.

Blood Pressure	8
Glucose	2
Both	1
Total	11



All members receive a follow-up letter listing additional resources and available programs

0%

visited their doctor following the health screening.*



* Based on info available at report time.

8%

of critical value participants were **already diagnosed with the identified condition** prior to the health screening.













Blood Pressure	1
Glucose	0
Both	0
Total	1




People's First Properties

Executive Summary Appendix

Dates: 09/01/2017 -12/15/2017

Florida Blue 
BetterYou

	Score	Ideal	Borderline	High Risk	Things to Know
 BMI	56 / 56	20% / 21% 63 / 69	32% / 32% 100 / 103	48% / 47% 153 / 152	Ideal - BMI 18.5 to 24.9 Borderline - BMI 25.0 to 29.9 High Risk - BMI 30 or above (obese) or less than 18.5 (underweight)
 Blood Pressure	64 / 63	32% / 32% 101 / 101	46% / 44% 143 / 141	22% / 24% 69 / 75	Ideal - Less than 120/80 Borderline - 130/80 to 139/89 High Risk - 140/90 or higher
 Total Cholesterol	77 / 74	63% / 58% 196 / 184	28% / 33% 85 / 103	9% / 9% 28 / 29	Ideal - Total Cholesterol < 200 Borderline - Total Cholesterol 200 to 239 High Risk - Total Cholesterol >= 240
 HDL Cholesterol	55 / 57	25% / 29% 78 / 90	36% / 35% 110 / 111	39% / 36% 120 / 114	Ideal - HDL >= 60 for both men and women Borderline - 40 - 59 for men; 50 - 59 for women High Risk - < 40 for men; < 50 for women
 Cholesterol Ratio	85 / 84	83% / 84% 255 / 265	14% / 11% 43 / 36	3% / 4% 10 / 14	The biometric screening for cholesterol includes an assessment of both Total Cholesterol and HDL ("good" cholesterol). A ratio of Total/HDL of 5.0 or less is considered ideal.
 LDL Cholesterol	74 / 77	64% / 68% 109 / 119	20% / 20% 35 / 35	16% / 12% 27 / 21	Optimal - < 100 mg/dL ; Near Optimal - 100 - 129 mg/dL Borderline - 130 - 159 mg/dL High - 160 - 189 mg/dL; Very High - >= 190 mg/dL
 Triglycerides	82 / 77	79% / 68% 131 / 104	8% / 10% 14 / 16	13% / 22% 21 / 34	Optimal - < 100 mg/dL ; Near Optimal - 100 - 149 mg/dL Borderline - 150 - 199 mg/dL High - 200 - 499 mg/dL ; Very High - >= 500 mg/dL
 Diabetes Risk	52 / 52	21% / 17% 67 / 56	38% / 46% 120 / 149	41% / 37% 129 / 119	The Diabetes score is based on multiple factors which may increase risk, such as age, activity level, and weight.
 Blood Sugar	86 / 85	76% / 70% 230 / 221	15% / 21% 45 / 66	10% / 9% 29 / 28	Ideal - Less than 100 mg/dL Borderline - 100 - 125 mg/dL High Risk - Higher than 125 mg/dL
 Nutrition	60 / 58	26% / 27% 82 / 89	46% / 40% 145 / 128	28% / 33% 89 / 107	Nutrition score is based on self-reported responses to dietary habit questions - address frequency and amount of intake of saturated fats, simple and complex carbohydrates, fruits, and vegetables.
 Physical Activity	65 / 61	46% / 39% 145 / 126	18% / 19% 56 / 63	36% / 42% 115 / 135	Ideal - 30+ mins moderate activity 5 times/week, or 20+ mins vigorous activity 3 days/week, or equal Borderline - 20+ minutes of activity 2+ days/week High Risk - Activity < Borderline
 Stress	66 / 65	46% / 46% 146 / 148	18% / 16% 57 / 53	36% / 38% 113 / 123	Stress score and rankings were determined based on participants' self-reported responses to questions on the Personal Health Assessment (PHA) regarding stress at work and home.

	Score	Ideal	Borderline	High Risk	Things to Know
 Depression	82 / 80	74% / 71% 234 / 231	9% / 9% 28 / 30	17% / 19% 54 / 63	Depression score and rankings were based on participants' self-reported responses to Personal Health Assessment (PHA) questions regarding emotions, support, and life satisfaction.
 Tobacco	87 / 84	87% / 85% 276 / 276	3% / 2% 8 / 8	10% / 12% 32 / 40	Ideal - No tobacco for 2+ yrs ; Borderline - No tobacco < 2 yrs, or occasional use of 1 form (< 5 times /month); High Risk - Reg. tobacco use, or use 2+ tobacco products in any amount
 Alcohol	83 / 83	74% / 74% 235 / 240	18% / 19% 58 / 61	7% / 7% 23 / 23	Substance Abuse and Mental Health Services (SAMHSA) says - Binge= 5 or more drinks (same occasion) at least 1 day/30. Heavy= 5 or more drinks (same occasion) at least 5 days/30.
 Pap Smear	N/A	80% / 78% 170 / 169	N/A	20% / 22% 42 / 47	Adult women should have a pap smear at least every three years.
 Mammogram	N/A	79% / 80% 80 / 82	N/A	21% / 20% 21 / 20	Screening mammograms covered annually beginning at age 40. *WebMD adheres to USPSTF guideline (50+) <ul style="list-style-type: none"> • www.cancer.org • www.uspreventiveservicestaskforce.org
 Colonoscopy	N/A	57% / 55% 85 / 82	N/A	43% / 45% 65 / 68	Adults age 50 and above should have a colonoscopy screening.
 Wellness Exam	N/A	91% / 85% 289 / 274	N/A	9% / 15% 27 / 50	Adults should have a wellness exam with a physician annually.
 Flu Shot	N/A	21% / 33% 67 / 108	N/A	79% / 67% 249 / 216	Everyone six months of age or older should be vaccinated against influenza annually.

RISK FACTOR COHORT COMPARISON: 2016 - 2017

Year 1 Participants	323	Cohort Score Year 1	65.0	Year 1 Cohort CVs	9
Year 2 Participants	316	Cohort Score Year 2	65.7	Year 2 Cohort CVs	7
Cohort Participation	228	Cohort Participation %	85%	Repeat Cohort CVs	1
Risk Factor	Improve	Maintain	Regress		
BMI	10% (23)	83% (189)	7% (16)		
BLOOD PRESSURE	17% (37)	69% (154)	15% (33)		
CHOLESTEROL - TOTAL	33% (72)	53% (118)	14% (31)		
CHOLESTEROL - HDL	10% (23)	73% (161)	17% (37)		
CHOLESTEROL RATIO	13% (28)	70% (155)	17% (38)		
DIABETES	8% (18)	86% (195)	7% (15)		
GLUCOSE	20% (43)	69% (148)	11% (24)		
NUTRITION	21% (47)	68% (156)	11% (25)		
EXERCISE	14% (33)	77% (176)	8% (19)		
STRESS	12% (27)	80% (182)	8% (19)		
DEPRESSION	14% (32)	75% (172)	11% (24)		
TOBACCO	2% (5)	96% (220)	1% (3)		
ALCOHOL	5% (12)	90% (205)	5% (11)		

Risk Factor	Improve/Maintain		Maintain/Regress	
	No --> Yes	Yes --> Yes	No --> No	Yes --> No
WH - PAP	4% (7)	77% (124)	15% (25)	4% (6)
WH - MAMMOGRAM	6% (9)	41% (66)	53% (86)	1% (1)
COLONOSCOPY	3% (3)	60% (67)	38% (42)	0% (0)
WELL EXAM	7% (15)	86% (196)	4% (10)	3% (7)
FLU SHOT	5% (12)	20% (46)	60% (134)	15% (33)

Risk Factor comparisons reflect changes in risk classification between Ideal, Borderline and High Risk.
 The denominator for each measure in this report varies based on the number of participants that complete the questions in both periods (subject to age and gender, where appropriate).
 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

COMPARISON REPORT

PEOPLE'S FIRST PROPERTIES		WELLNESS SCORE	PARTICIPATION		DEMOGRAPHICS					
Screening Site	Screening Date	Site Score	Total Participants	Group Percent	Percent Male	Percent Female	Majority Age Group	Percent	Majority Ethnicity	Percent
ONLINE	9/1/2017 - 12/15/2017	67	316	100%	33%	67%	50 - 59	35%	White	63%

Year	Overall Score	Total	% Eligible Attended	Percent Male	Percent Female	Majority Age Group	Percent	Majority Ethnicity	Percent
2017 Overall	67	316	81%	33%	67%	50 - 59	35%	White	63%
2016 Overall	65	324	38%	33%	67%	50 - 59	32%	White	72%
2015 Overall	65	272	34%	31%	69%	50 - 59	32%	White	71%
2014 Overall	66	212	27%	26%	74%	40 - 49	32%	White	60%

The percentage shown in all "At Risk" columns in this comparison report includes those who ranked "borderline" and "high risk".
 The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate).
 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

COMPARISON REPORT

PEOPLE'S FIRST PROPERTIES		BIOMETRICS					DIABETES	
Screening Site	Screening Date	BMI (% At Risk)	Blood Pressure (% At Risk)	Cholesterol (% At Risk)	Cholesterol Ratio	Blood Sugar (% At Risk)	Self-Reported Having Diabetes	Overall Diabetes (% At Risk)
ONLINE	9/1/2017 - 12/15/2017	80%	68%	37%	3.88	25%	9%	79%

Year	BMI (% At Risk)	Blood Pressure (% At Risk)	Cholesterol (% At Risk)	Cholesterol Ratio	Blood Sugar (% At Risk)	Self-Reported Having Diabetes	Overall Diabetes (% At Risk)
2017 Overall	80%	68%	37%	3.88	25%	9%	79%
2016 Overall	79%	68%	42%	3.96	30%	9%	83%
2015 Overall	78%	69%	40%	3.92	25%	9%	80%
2014 Overall	76%	67%	34%	3.72	26%	8%	79%

The percentage shown in all "At Risk" columns in this comparison report includes those who ranked "borderline" and "high risk".
 The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate).
 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

COMPARISON REPORT

PEOPLE'S FIRST PROPERTIES		LIFESTYLE				EMOTIONAL WELLNESS			
Screening Site	Screening Date	Nutrition (% At Risk)	Physical Activity (% At Risk)	Tobacco/Cigarette Use (% At Risk)	Alcohol Use (% At Risk)	Stress-Work (% At Risk)	Stress-Home (% At Risk)	Overall Stress (% At Risk)	Depression (% At Risk)
ONLINE	9/1/2017 - 12/15/2017	74%	54%	13% / 10%	25%	54%	54%	54%	26%

Year	Nutrition (% At Risk)	Physical Activity (% At Risk)	Tobacco/Cigarette Use (% At Risk)	Alcohol Use (% At Risk)	Stress-Work (% At Risk)	Stress-Home (% At Risk)	Overall Stress (% At Risk)	Depression (% At Risk)
2017 Overall	74%	54%	13% / 10%	25%	54%	54%	54%	26%
2016 Overall	73%	61%	15% / 12%	26%	54%	54%	54%	28%
2015 Overall	78%	66%	16% / 13%	25%	57%	57%	57%	29%
2014 Overall	77%	62%	14% / 10%	26%	56%	56%	56%	33%

The percentage shown in all "At Risk" columns in this comparison report includes those who ranked "borderline" and "high risk".
 The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate).
 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

COMPARISON REPORT

PEOPLE'S FIRST PROPERTIES		PREVENTIVE HEALTH				
Screening Site	Screening Date	WOMEN No Pap Exam in Past Three Years (% At Risk)	WOMEN No Mammogram in Past Two Years (% At Risk)	50 OR OVER No Screening for Colon Cancer (% At Risk)	WELLNESS EXAM No Wellness Exam in Past Year (% At Risk)	FLU SHOT No Flu Shot in Past Year (% At Risk)
ONLINE	9/1/2017 - 12/15/2017	20%	21%	43%	9%	79%

Year	WOMEN No Pap Exam in Past Three Years (% At Risk)	WOMEN No Mammogram in Past Two Years (% At Risk)	50 OR OVER No Screening for Colon Cancer (% At Risk)	WELLNESS EXAM No Wellness Exam in Past Year (% At Risk)	FLU SHOT No Flu Shot in Past Year (% At Risk)
2017 Overall	20%	21%	43%	9%	79%
2016 Overall	22%	20%	45%	15%	67%
2015 Overall	20%	19%	46%	17%	73%
2014 Overall	20%	23%	37%	24%	75%

The percentage shown in all "At Risk" columns in this comparison report includes those who ranked "borderline" and "high risk".
 The denominator for each measure in this report varies based on the number of participants that complete the questions (subject to age and gender, where appropriate).
 The numerator for each measure shows the number of participants in each measurement category, based on their results. Values shown may not equal 100% due to rounding.

Risk Reduction Guide

There are many wellness interventions your organization can implement to address the top risk factors identified in this report. Better You offers interventions for all major risk factors in three formats – onsite, online and telephonically. Many community programs and organizations may also be useful.

2018



Physical Activity

- ✓ *Healthy Words of Wisdom* on Physical Activity
- ✓ Onsite or web-based wellness presentations on various physical activity topics
- ✓ On-demand webinars on various physical activity topics
- ✓ 5-week onsite Physical Activity Lifestyle Improvement Program (onsite or via live webinar)
- ✓ Better You Strides powered by CaféWell virtual wellness programs for physical activity at floridablue.com or through the CaféWell app
- ✓ Center for Disease Control: www.cdc.gov/physicalactivity
- ✓ USD of Health and Human Services: www.health.gov/paguidelines
- ✓ Walking clubs at work
- ✓ Participate in National Walk at Lunch Day
- ✓ Independent physical activity programs and team challenges
- ✓ Onsite fitness classes led by community fitness professionals



Nutrition

- ✓ *Healthy Words of Wisdom* on Nutrition
- ✓ Onsite or web-based wellness presentations on various nutrition topics
- ✓ On-demand webinars on various nutrition topics
- ✓ 5-week *Nutritious You* Nutrition Series (onsite or via webinar)
- ✓ Better You Strides powered by CaféWell virtual wellness programs for nutrition at floridablue.com or through the CaféWell app
- ✓ Weight Watchers at Work: www.weightwatchers.com
- ✓ Choose My Plate: www.choosemyplate.gov
- ✓ Dietitian at Academy of Nutrition and Dietetics: www.eatright.org
- ✓ Meals Matter: www.healthyeating.org



Body Mass Index

- ✓ *Healthy Words of Wisdom* on weight management, nutrition and physical activity
- ✓ Onsite or web-based wellness presentations on weight management, nutrition and physical activity
- ✓ On-demand webinars on weight management, nutrition and physical activity
- ✓ Better You Strides powered by CaféWell virtual wellness programs for weight management, nutrition, and physical activity at floridablue.com or through the CaféWell app
- ✓ **Weight Watchers at Work:** www.weightwatchers.com
- ✓ **Choose MyPlate website:** www.choosemyplate.gov
- ✓ **Overeaters Anonymous:** www.oa.org



Blood Pressure

- ✓ *Healthy Words of Wisdom* on Blood Pressure
- ✓ Onsite wellness or web-based presentations on blood pressure and heart health
- ✓ On-demand webinars on blood pressure and heart health
- ✓ Better You Strides powered by CaféWell virtual wellness programs for blood pressure at floridablue.com or through the CaféWell app
- ✓ Florida Blue Retail Center blood pressure screenings

- ✓ **Dietary Approach to Stop Hypertension (DASH):** www.dashdiet.org
- ✓ **American Heart Association:** www.heart.org



Cholesterol Ratio

- ✓ *Healthy Words of Wisdom* on Cholesterol
- ✓ Onsite or web-based wellness presentations on cholesterol and heart health
- ✓ On-demand webinars on cholesterol and heart health
- ✓ Better You Strides powered by CaféWell virtual wellness programs for cholesterol and heart health at floridablue.com or through the CaféWell app
- ✓ Florida Blue Retail Center cholesterol screenings

- ✓ **American Heart Association:** www.heart.org
- ✓ **The National Coalition of Women with Heart Disease:** www.womenheart.org



Diabetes

- ✓ *Healthy Words of Wisdom* on Diabetes
- ✓ Onsite or web-based wellness presentations on diabetes prevention and management
- ✓ On-demand webinars on diabetes and diabetes prevention
- ✓ Better You Strides powered by CaféWell virtual wellness programs for diabetes prevention and diabetes management at floridablue.com or through the CaféWell app
- ✓ Florida Blue Retail Center blood glucose screenings

- ✓ **American Diabetes Association** www.diabetes.org



Stress

- ✓ *Healthy Words of Wisdom* on Stress Management
- ✓ Onsite or web-based wellness presentations on stress management
- ✓ On-demand webinars on stress management
- ✓ 5-week onsite Stress Management Lifestyle Improvement Program
- ✓ Better You Strides powered by CaféWell virtual wellness programs for stress management at floridablue.com or through the CaféWell app

- ✓ Institute of Stress: www.stress.org
- ✓ Internal Employee Assistance Program (EAP)
- ✓ Onsite Yoga or Meditation classes led by certified community professionals
- ✓ Onsite chair massage



Depression

- ✓ *Healthy Words of Wisdom* on Depression and Stress Management
- ✓ Onsite or web-based wellness presentations on depression and stress management
- ✓ On-demand webinars on stress management
- ✓ Better You Strides powered by CaféWell virtual wellness programs for depression at floridablue.com or through the CaféWell app

- ✓ Internal Employee Assistance Program (EAP)
- ✓ Workplace Mental Health <http://www.workplacementalhealth.org>



Tobacco

- ✓ *Healthy Words of Wisdom* on Tobacco
- ✓ Onsite or web-based wellness presentations on tobacco use and preventive care
- ✓ Telephonic tobacco cessation program through Health Dialog
- ✓ On-demand webinars on tobacco
- ✓ Onsite Lifestyle Improvement programs for smoking cessation from ALA and AHEC
- ✓ Better You Strides powered by CaféWell virtual wellness programs for tobacco cessation at floridablue.com or through the CaféWell app

- ✓ American Lung Association (ALA): www.ffsonline.org
- ✓ Florida Area Health Education Center (AHEC): www.ahectobacco.com
- ✓ Tobacco Free Florida / Florida Quit-line: www.tobaccofreeflorida.com and 1-800-U-Can-Now
- ✓ US Department of Health and Human Services Tobacco Cessation website: www.betobaccofree.gov
- ✓ American Cancer Society: www.cancer.org



Alcohol

- ✓ *Healthy Words of Wisdom* on Risky Drinking
- ✓ On-demand webinars on stress management
- ✓ Better You Strides powered by CaféWell virtual wellness programs for alcohol awareness at floridablue.com or through the CaféWell app

- ✓ Alcoholics Anonymous www.aa.org
- ✓ Internal Employee Assistance Program (EAP)



Preventive Health

- ✓ *Healthy Words of Wisdom* on men's health and women's health
- ✓ *General Wellness Guidelines* for adults and children
- ✓ Onsite or web-based wellness presentations on preventive care, men's health, women's health and heart healthy living
- ✓ On-demand webinars on preventive care
- ✓ Better You Strides powered by CaféWell virtual wellness programs for preventive health at floridablue.com or through the CaféWell app

- ✓ Promote or incentivize annual screenings
- ✓ Center for Disease Control: <http://www.cdc.gov>
- ✓ American Cancer Society: www.cancer.org
- ✓ USPSTF: www.uspreventiveservicestaskforce.org

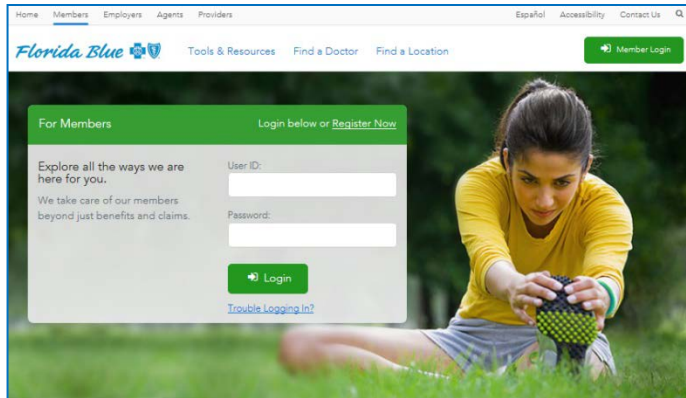


Pregnancy

- ✓ Healthy Addition® Prenatal Program: Free program for expectant mothers that provides risk screening, monitoring, education, information and emotional support during pregnancy 1-800-955-7635, option 6 or healthyaddition@floridablue.com
- ✓ *Healthy Words of Wisdom* on Pregnancy
- ✓ On-demand webinar explaining Healthy Addition and high risk pregnancy indicators
- ✓ Better You Strides powered by CaféWell virtual wellness programs for healthy pregnancy at floridablue.com or through the CaféWell app

- ✓ March of Dimes www.marchofdimes.com
- ✓ The American College of Obstetricians and Gynecologists www.acog.org
- ✓ American Academy of Pediatrics www.aap.org

Risk Reduction Guide



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