

## Enhance Your Wellness Options and Experience



- 1** Health Fair Only
- 2** Level 1 + Full Wellness Program
- 3** Level 1 + Level 2 + Health and Wellness Center
- 4** Level 1 + Level 2 + Level 3 + Occupational Medicine Health and Wellness Center

	Level 1	Level 2	Level 3	Level 4
On-site health fair	x	x	x	x
On-site Wellness Nurse once a month		x	x	x
RN and Dietitian on-site at least once a week			x	x
On-site biometrics			x	x
Claims-based outreach*			x	x
Occupational Medicine Nurse on-site weekly				x
Wellness activities**	x	x	x	x

\*AultCare clients only

\*\*Variety of activities depends on level

## Grant Opportunity

Interested in a grant? Ask your Aultman Health Foundation Wellness Representative for more information on possible funding assistance through the Bureau of Worker's Compensation.

## Learn More

**330-363-6360 (TTY: 711)**

[aultcare.com/healthandwellness](http://aultcare.com/healthandwellness)

2600 Sixth St SW | Canton, OH 44710

Calculations have been risk adjusted. Statistics provided by AultCare data reporting.

You have the right to assistance and information in your language at no cost. To speak with an interpreter, call 330-363-6360 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 330-363-6360 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 330-363-6360 (TTY: 711)。  
 • AultCare/Aultra complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.



# THE AULTWELL PROGRAM

## An overview of wellness services provided to employer groups.

A Wellness Program at work directly affects employee job satisfaction and retention. Because of this, employers use Wellness Programs as competitive benefit offerings to attract and retain talent.





## What is Wellness?

AultWell is a comprehensive program created to provide your employees with improved health through coaching, goal-setting, education, encouragement, and support. These services can help your employees identify, understand, and decrease their health risks.

**Over the last five years, an average of 95.2% of Wellness clients renew year after year.**

## How Does Wellness Affect My Workforce?

According to research by Optum, employees with access to health and wellness programs through their employers, as compared to employees with no access to programs, are:

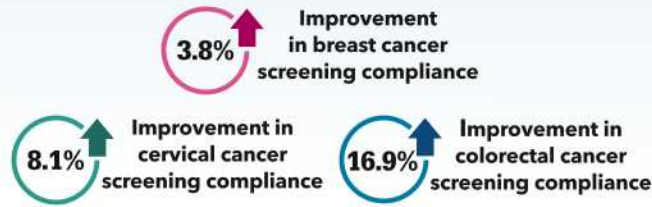
- **1.5X more likely to continue working for their employer**
- **3.3X more likely to be proud to work for their employer**

Serxner, S. Kichlu, R., Ratelis, E. (2018). Boost Employee Net Promoter Score® with health and well-being programs [White paper]. Retrieved November 29, 2022 from Optum: [https://www.optum.com/content/dam/optum3/optum/en/resources/white-papers/optum-enps\\_wf715193-white-paper.pdf](https://www.optum.com/content/dam/optum3/optum/en/resources/white-papers/optum-enps_wf715193-white-paper.pdf)



## How Does Wellness Improve My Health?

Members with Wellness are more likely to engage in preventive screenings that detect dangerous and costly health conditions early - when they are most treatable. Compared to members without Wellness, those with Wellness experienced:



## Importance of Health Screenings

The cost of treatment for breast cancer, cervical cancer, and colorectal cancer are high. Not only do screenings detect these illnesses early, but they can save thousands of dollars.



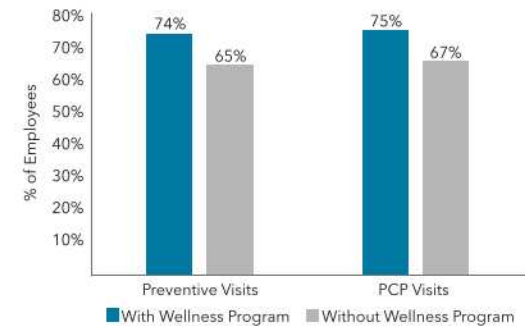
- <https://www.webmd.com/breast-cancer/breast-cancer-costs>
- Liu, Ning et al. Phase-specific healthcare costs of cervical cancer: estimates from a population-based study. American Journal of Obstetrics & Gynecology, Volume 214, Issue 5, 615.e1 - 615.e11 (2015).
- (Yvonne L Eaglehouse, Matthew W Georg, Patrick Richard, Craig D Shriver, MC USA,(Ret), Kangmin Zhu, Costs for Colon Cancer Treatment Comparing Benefit Types and Care Sources in the US Military Health System, Military Medicine, Volume 184, Issue 11-12, November-December 2019, Pages e847-e855, <https://doi.org/10.1093/milmed/usz065>)
- This data is from AultCare clients with a level 2 or 3 Wellness program.

## Wellness Cost Savings

Based on research using current full complement Wellness Program clients versus non-full complement Wellness Program clients, AultCare found:

- **5.54% reduction in per employee per month (PEPM) spending amongst Wellness clients.** A total savings of \$69.97 PEPM over the last 4 years for Wellness clients.
- Employees with wellness see a **10% higher engagement** with Primary Care Physician (PCP visits) and preventive screenings.

**AultCare Wellness Programs**  
01-01-2022 to 10-24-2022



Preventive Measures	Employees	AC BOB Employees
Breast Cancer Screening	42%	34%
Cervical Cancer Screening	54%	36%
Colorectal Cancer Screening	89%	84%
PSA	35%	31%

AC BOB = AultCare Book of Business