



the  
**other health plan**  
*Your Wellness Solution*

Customizable, comprehensive  
support for a healthy  
workplace culture

[www.theotherhealthplan.com](http://www.theotherhealthplan.com)



## Health Improvement Solutions for Any Employer

### Catering to your needs and goals

The Other Health Plan understands that each employer has unique needs and goals. That's why we've designed our program to be flexible. We offer a variety of tools, resources and support levels from which to choose – all designed to help you provide a workplace culture that supports the health of your employees.

- ✔ **Implementation solutions** – Need help getting health improvement off the ground? We've created tools to develop a comprehensive plan that you can use to achieve your goals.
- ✔ **Electronic tools** – By logging into [www.theotherhealthplan.com](http://www.theotherhealthplan.com), your employees gain access to a complete toolbox to help them as they take charge of their health.
  - **Health Risk Assessment (HRA)** – The online survey helps employees to identify their own behaviors and habits, assess potential health risks, track health improvements and provide data for smart health decisions.
  - **Personal Health Record (PHR)** – With the PHR, your employees can keep track of all their personal health information – lab results, medications and medical histories – and retrieve it whenever and from wherever they have Internet access.
  - **Behavior Change Portal** – This electronic door opens the way for providing employees with support for changing behavior through trackers, resources and challenges.
  - **Relevant Health Information** – Personalized, reliable electronic health improvement information based on the results of the HRA and PHR. A library of disease prevention information, nutrition tips and plans, prescription information, healthy recipes and daily health recommendations are also available to participants.





## Questions & Answers

**Q** Do I need to have a certain number of employees to participate?

**The Other Health Plan is designed to accommodate any group size.** No matter if you have 10 employees or 1,000, our products and services can work for you. Our team of experts can assist you in designing a program that meets your needs, your goals and your budget.

**Q** How do I know if my company is ready to start a health improvement program?

**A member of The Other Health Plan team can visit with you to gauge your organization's readiness for a health improvement program.** The first question to ask is if you are ready to make the cultural changes necessary to support your employees to make behavior changes. Here are a few points you need to keep in mind before starting a health improvement program:

- 1. "Off the Shelf" corporate health improvement programs usually don't work.** These generic programs are often ill-fitted for the particular company that chooses to use them. "Quick-Fix" strategies (money for a gym membership, healthier food in the workplace or a walking campaign) are only part of a program – not the entire program.
- 2. Successful health improvement programs are not about products or incentives.** Rather, they are about creating a working environment where health improvement is part of the culture. Companies that implemented successful programs have created a place where everyone from the CEO to short-term, part-time workers embraces wellness as a part of their lives, and not just another employee benefit.
- 3. Creating and implementing a truly successful health improvement program takes at least three to five years to become established.** A program cannot bring about long-term success if you focus only on the short-term return on investment. One of the most difficult parts of undertaking a health improvement program is that many owners aren't really sure what they want from it when they start.



### How much does The Other Health Plan cost?

We have developed pricing plans based on some of the most popular features that employers want and need. Whether you need everything we offer or just some of our products and services, we will work with you to design a program that meets your needs.



### What type of return on investment can I expect?

**The success of any program depends on what you put into it – the time, the money and the resources.** The more an organization is dedicated to improving health, the more likely the return on investment will be higher. An organization must be prepared to not only help individuals to make behavior changes, it must work to make lasting workplace cultural changes, too.



### How long should I expect the program to last?

**The Other Health Plan provides the tools and resources to keep your program on track and will evolve as your program evolves.** Our many tools and resources will keep the program fresh and engaging year after year.



### How can I get started?

Give us a call at (877) 441 TOHP (8647) or visit us online at [www.theotherhealthplan.com](http://www.theotherhealthplan.com).



[www.theotherhealthplan.com](http://www.theotherhealthplan.com)

(877) 441-TOHP (8647)