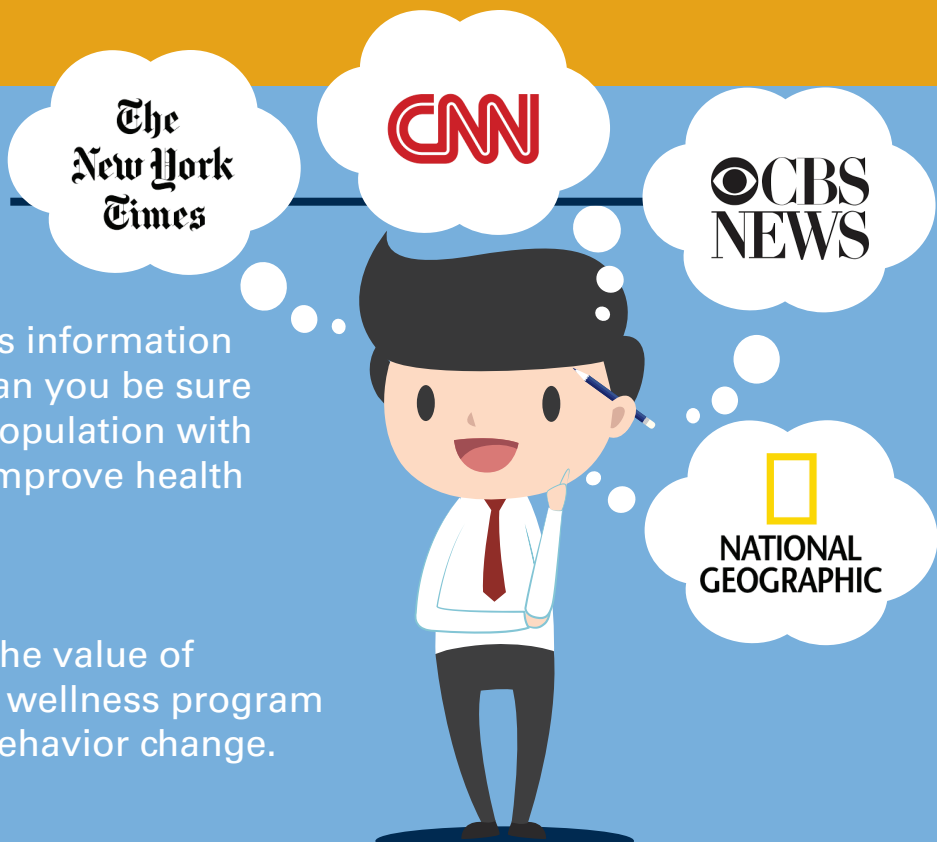


Build trust and drive HEALTHIER BEHAVIORS with evidence-based wellness

CUT THROUGH clutter

With new health and wellness information being published daily, how can you be sure that you are engaging your population with methods that are proven to improve health and productivity?

It's important to understand the value of providing an evidence-based wellness program to help impact lifestyle and behavior change.



What is EVIDENCE-BASED Wellness?

Evidence-based: tying a policy or program to evidence; anchoring not in the current beliefs of experts or practice, but in experimental evidence¹



A sound evidence-based wellness program helps:

- Support member decision-making using scientific information
- Engage individuals with up-to-date clinical guidance and behavior change techniques
- Support the physician-member relationship with credible information

How do you build a SOUND EVIDENCE-BASED Wellness Program?

Thoughtful Program Design

- Have you done a thorough assessment of the organization? What are the pain points?
- Does your program fit the unique needs of your population?

Strong Culture of Health

- Is your organization committed to building a healthy environment?
- Are there wellness committees equipped with the information they need to support the program?

Consistent Program Base

- Are the guidelines and standards that are set in place appropriate for every touch point?
- Is there a quality control process?

Credible Touch Points

- Is everyone involved in the program certified and trained in evidence based practices?
- Are the digital platforms rooted in evidence-based guidelines?

What are the BENEFITS?



Builds trust in the program: when a program is rooted in facts, your population will recognize it as a trusted program and see the value in it



More effective engagement: a program backed by proven methodologies can motivate people to interact with a program



Better consumer experience: since your population is gaining relevant knowledge and information that will impact them they will have a great experience on their journey to better health



Reduce costs: Organizations that implement employee health management and wellness programs that incorporate evidence-based best practices slow the growth of their medical costs²



For more information on how evidence-based well programs can benefit your organization, email us at info@activehealth.net.

©2016 ActiveHealth Management, Inc. Proprietary and confidential. Do not distribute.

1. Eddy DM (1990). "Practice Policies: Guidelines for Methods". JAMA 263 (13): 1839-41. doi:10.1001/jama.263.13.1839. PMID 2313855.
2. HERO Employee Health Management Best Practices Scorecard results

