

# Focused Health Solutions

One of the largest expenses for most organizations is employee healthcare and medical benefits.

The cost of providing healthcare rises every year at a rate much larger than employees' salaries. This leaves many organizations with a dilemma: do we charge employees more for their health benefits, pay a higher percentage of the costs ourselves, or a combination of the two?

Focused Health Solutions can help:

- By focusing on the needs of your employees, we deliver personalized support to help them become happier and healthier individuals.
- Our high-touch programs ensure progress and successful outcomes, which result in measurable savings to employers.

Focused Health Solutions, based in Deerfield, IL, is a leading condition management and wellness company that has been a healthcare solution partner for numerous Fortune 500 organizations since 1999.

Through our fully integrated condition management and wellness programs, we provide participants with the guidance, education, support and tools necessary to become healthier individuals. A workforce of healthy individuals means lower absenteeism, less costly hospital stays and decreased healthcare costs.

## A Personal Approach

Focused Health Solutions' nurses and coaches educate, support and motivate program participants.

- Our nurse managers and coaches work in partnership with participants to create personalized care programs. The relationship that develops between the nurse manager and participant is at the core of our program's success.
- Setting achievable health goals is a collaborative effort between the nurse manager and participant.
- The result is participants taking ownership of their healthcare, thereby improving their ability to succeed in reaching their goals.
- The success of your employees meeting their health goals means you are better able to meet your healthcare expense goals.

## Active Participation

The Focused Health Solutions' Condition Management program utilizes an opt-in model, where individuals actively choose to participate, rather than being automatically enrolled. These participants have high confidence and high motivation to improve their health, and they are the ones most likely to benefit from the program.



## Focused Health Solutions Programs

### Condition Management

Congestive Heart Failure  
Coronary Artery Disease  
Hypertension

Diabetes

Anxiety  
Depression  
Obsessive Compulsive Disorder

Asthma  
Back & Neck Pain

Cancer Symptom Management  
(Breast & Prostate)

### Wellness

Exercising for Health  
Weight Loss  
Stress  
Smoking  
Back and Neck Pain  
Blood Pressure Reduction





We provide frequent interventions to all participants, not just for those whose conditions are most severe. We discuss progress, address concerns and answer questions with regularly scheduled calls that accommodate the participant's schedule.

We take into account the participant's preferred method of communication. We have the ability to:

- Send personalized emails
- Call outside of traditional business hours
- Deliver targeted educational materials through traditional mail

### Motivating Through Incentives

We offer fully-funded incentives for enrollment and participation. Participants are automatically enrolled in the Focused Rewards program that awards cash-redeemable points for achieving health goals.

We also reimburse co-pays for physician office visits related to the participant's chronic condition. This cost-saving program benefit is highly appreciated by participants and motivates them to stay actively engaged.

### Participant Satisfaction

Focused Health Solutions is proud to report that participants consistently give us an overall satisfaction rating score of over 90% for our programs. Through client and participant feedback, we continually strive for improvement.

### The Focused Health Solutions' Advantage

Focused Health Solutions' fully integrated population health and wellness services promote healthy behaviors and provide the personalized support individuals need to help them improve their quality of life.

With a sound clinical and behavioral approach, and knowledgeable, caring professionals, Focused Health Solutions is your best choice for a health solution partner. Your result will be measurable cost-savings and a healthier, happier workforce.

Call today to learn more about how you can benefit from lower medical claims, reduced absenteeism and a positive ROI.



**focused health solutions**

