

Focused Health Solutions

Wellness

Employers are investing in corporate wellness programs. A recent survey reported that 79 percent of respondents believe these programs improve population health and 68 percent believe they reduce costs. But the most important statistic to date is that similar research has shown as many as 42 percent of chronic conditions are preventable with early identification of risk factors and modification of lifestyle choices.*

Without question, healthcare costs are increasing at an accelerated rate when compared to employees' salaries. This poses a harsh dilemma for many employers: *Do we charge employees more for their health benefits, pay a higher percentage of the costs ourselves, or a combination of the two?*

* Source: Kaiser/HRET Survey of Employer Sponsored Health Benefits, 2000

Focused Health Solutions

Focused Health Solutions is a leading provider of population health management services. We have successfully partnered with numerous Fortune 500 organizations to provide effective, leading edge solutions since 1999.

Our wellness and lifestyle management programs are designed to support the highest levels of active engagement by participants and positively impact health behavior by educating, motivating, and developing self-management techniques.

This is accomplished by:

- Ensuring active engagement between participants and coaches at appropriate intervals
- Rewarding healthy behaviors and goal accomplishment through incentives
- Leveraging leading edge technology to ensure consistency and state of the art reporting

Differentiators

Our high-touch programs ensure progress and successful outcomes, which result in measurable savings to our clients. Our wellness and lifestyle management programs are supported by a world-class technology platform and tool set that support superior program delivery and outcomes. The application known as FIT (Focused Information Tracker), has been recognized as "market leading" for its ability to successfully integrate all programs, services, reporting and enterprise-wide functionality into one system.



Focused Health Solution's High Risk Focus Areas addresses:

Arthritis
Asthma
Back Pain
Diabetes
Heart Disease
Stress
Smoking
Combined Risk
Weight Loss
Respiratory
Stroke
High Blood Pressure

Our coaching programs help address the following health risks:

Smoking cessation
Stress
Exercise
Weight loss
Back and neck pain
High blood pressure





HRAOne – Electronic Dialogue

The HRAOne health risk assessment provides customized feedback results and identifies opportunities for health improvement. HRAOne analyzes self-reported and biometric health information to evaluate an individual's health risk profile. The application delivers custom feedback based on individual responses that is easy to understand and acknowledges positive behaviors as well as areas for health improvement. Surveys are administered one to four times per year, based on an individual's risk profile.

Advising Sessions – Interpersonal Conversations

Advising Sessions provide an opportunity for individuals to review their health profile with a personal health coach. These sessions are designed to raise awareness of specific action steps that can be taken to improve health. Most importantly, they educate individuals regarding specific coaching programs that may help improve a health behavior.

HiC – High Intensity Coaching

Focused Health Solutions' High Intensity Coaching programs are structured yet completely individualized and designed to effectively reduce risk factors through safe and healthy measures. All programs include clearly defined goals and outcome measures using current evidence based guidelines from widely recognized industry medical research content and resources. Our coaching programs include one-on-one telephonic support by a personal health coach.

We utilize a collaborative coaching model that empowers people to make positive change. Our model is participant driven, taking individual learning styles and readiness to change into account. Each program stresses ongoing education, problem-solving and goal setting. Our coaches meet each participant's unique needs, giving them the tools they need to take control of the process of long-term positive behavior change.

The information is provided for information only. This information does not constitute medical advice and it should not be relied upon as such. Focused Health Solutions does not engage in the practice of medicine. Focused Health Solutions, under no circumstances, recommends particular treatments for specific individuals and, in all cases, recommends that you consult your physician before pursuing any course of treatment.



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