

benefits optimization

A Completely Integrated Health and Wellness Program is As Easy As...

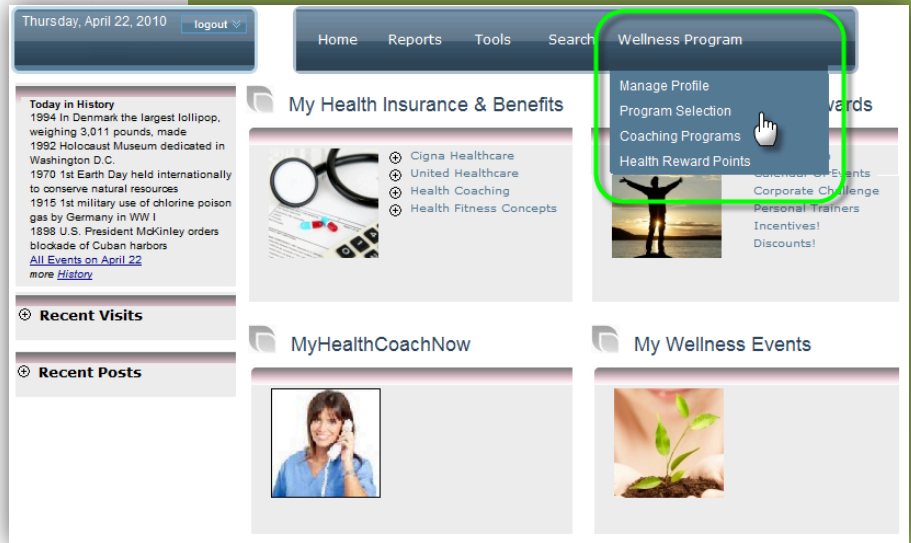
Customize



Provide your employees with the tools to better manage their health and potentially improve your ROI by tailoring a comprehensive Health & Wellness program.

Our unique system enables your employees to select from a wide number of wellness programs that you have customized for maximum effectiveness.

Employees can tailor your health and wellness program according to their needs.



2 Enroll

Choose from a wide selection of programs including:

- Cholesterol
- Weight Loss
- Hypertension
- Exercise
- Diabetes
- 10,000 Steps

Select from various methods to self-report results – text messaging, web entry, or by telephone. Employees can also actively track their own results through our web portal or use our unique, proactive virtual coaching methodology.

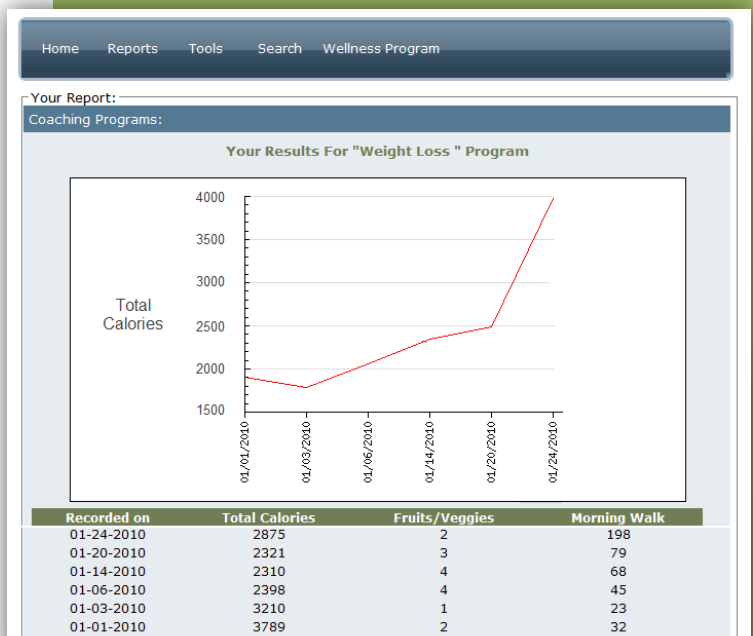
Track Results



Whether responding to the virtual coach or entering results into the portal, all data is made available on-line in graph and table format.

In Addition, our Coach View enables an employee to invite a health coach to monitor their progress and communicate electronically.

You can also use our Health Rewards point system to encourage participation in the programs.



BenefitsOptimization.com
Phone: (914) 630-2385 x 124

Benefit Optimization that is Strong on Action, not Just Words

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Benefits Optimization brings together partners that have specialized in the communications and health and wellness fields to integrate and provide properly designed Health and Wellness promotion programs that can positively impact an organization's bottom line.

- Engage your employees
- Reduce sick leave and absenteeism
- Increase the productivity of your workforce
- Lower healthcare, disability and workers compensation costs
- Track and evaluate results

MyHealthCoachNow is an automated virtual health coaching technology that helps reduce healthcare costs by giving entire populations access to proactive, personalized health SELF management services. MHC-Now enables very large, very diverse populations to receive individualized coaching, very cost effectively, on an on-going, persistent basis.

MHC-Now can be used to better self-manage a chronic disease, or to assist in other personal health initiatives such as lowering cholesterol, quitting smoking, or losing weight.

MHC-Now becomes the participant's **personal**, virtual health coach.



American Health and Wellness provides health screening and lifestyle education programs through its team of health professionals (registered nurses, registered dietitians, licensed professionals etc.) to individuals through employers and community organizations.

Our participant centric, "hands-on" approach promotes healthier life styles, delivers education, raises awareness, and drives compliance. We strive to build a healthier culture within your organization.

American Health & Wellness



Your Guide to Better Health

eEMPowerPlus is a web-based solution that enables an organization to engage employees by providing ONE integrated site where they can view company, benefit and health and wellness information.

You can easily customize your site including all links, images, section headings, documents and much more according to your needs as an organization and your benefit, health and wellness goals.



www.eempowerplus.com