



wellness program overview

DIAGNOSTIC TESTING

The Kempton Group coordinates Lifestyle Panel Finger Stick Screenings that include:

- Triglycerides • Cholesterol (Total, HDL & LDL breakdowns) • Glucose

The Lifestyle Panel screenings can unveil areas where participants need to make lifestyle adjustments and improvements; and in some cases, possibly reveal life-threatening conditions.

Option 1: Onsite Testing: The Kempton Group will coordinate onsite lifestyle panel screenings with immediate results and health consultations.

Option 2: Home Access Test Kits: Employees will use home access kits to collect and submit their blood work for analysis and screening.

Kits can be distributed by the employer(s) in bulk to employees, or they can be mailed with instructions to the employees' homes. Screening results will be loaded into each participants online Health Risk Assessment. Participants might be referred to their physician for further testing or prompted to take advantage of one of the online or personal health management programs available.

ONLINE WELLNESS CENTER

- Health Risk Assessment (HRA) – The HRA is a health questionnaire designed to help participants gain a better understanding of their overall health state. The HRA can be used to compare differences and improvements from year to year.
- Personal Health Record (PHR) – The PHR can be used to track prescriptions, immunizations, lab results, and physician visits to monitor health progress and utilization. A printable version is available to download and share with physicians.
- Action Plans & Secure Message Center – An action plan is an online tool that participants can use to guide them through a variety of activities, including exercise and activity, smoking cessation, diabetes prevention, and more. Each action plan is comprised of trackers (steps/minutes per week), periodic questionnaires (lab results/vitals, satisfaction survey), and online learning modules. Reinforcement messages and reminders are sent to the participant's message center to encourage usage.
- Event & Incentive Tracking – We have created a standard list of events and corresponding point values. Events include activities such as action plans or exercise challenges. The Kempton Group will provide you with suggestions for various incentives. Example incentives include time off, cash, wellness prizes, benefit incentives (i.e. HSA contributions), or a combination.

PERSONAL HEALTH COACHING

The Personal Health Coaching program matches participants with their own health coach. Participants receive confidential, one-on-one support and encouragement via the telephone for a variety of topics, including:

- Tobacco Cessation
- Stress Management
- Weight Management

TRACKING & REPORTING

The Kempton Group's Wellness Center is equipped with robust reporting capabilities. For HIPAA privacy and personal health information (PHI) purposes, results are combined with other participating employers' results for a complete aggregate finding. Here are a few examples of the data and evaluation you can expect to receive throughout the course of your program:

- Aggregate HRA & Lab data
- Aggregate telephonic coaching data
- Annual report highlighting the current year's results to the previous year's results to show areas of improvement
- Quarterly reports to show up-to-date point and incentive progress of individual population

