



WELLVIEW BENEFITS

Leadership Guide

**Leading effective health and
well-being initiatives in your company.**

wellview



At Wellview, your well-being is our job.

We're here to provide personalized preventive care, along with physical, mental, and financial wellness support that actually works.

We also believe that healthy change is best accomplished as a team, led by people like you "on the ground." So, in order to create a truly successful healthy culture in your workplace, we need your help.

As a Champion or Human Resources leader, your excitement and encouragement will inspire employees to make simple changes towards healthier, happier lives!

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Why Wellview?

Today, we spend one third of our lives at work. Doesn't it make sense that this is a great place to start making smart changes to become healthier, happier individuals? Wellview will support you in this process by providing you with the ideas and tools you need to inspire and create a strong culture of well-being in your office.

To fully initiate this change in your workplace, we've found that it takes inspiring leaders like you. As a Champion or Human Resources leader, you will coordinate with Wellview to encourage employee participation and create a stronger, healthier workplace.

Support "On the Ground"

The best part of leading a healthier, happier workplace culture is that you don't have to be the perfect picture of health. In fact, if you are just beginning to make healthy changes in your life, or have an interest in making a difference in the lives of others, you are the ideal example that your co-workers need! The Wellview team is excited to work closely with you to create a culture that:

- Provides employees with the tools and free resources available to them
- Removes workplace barriers and encourages employees to engage in healthy behaviors
- Encourages peers to share experiences, making healthy choices popular and habitual

Your Leadership Role

You are present in your workplace day-in and day-out, and you know and understand the challenges and frustrations that your co-workers face. For this reason, you are well-equipped to lead good health and well-being initiatives, and meet these challenges head on. With Wellview as your partner, you will be the heart and soul of your health initiatives and will have the opportunity to:

- Take ownership of the company's well-being initiatives
- Personally inspire healthy behavior in your co-workers
- Develop new policies to promote preventive health and well-being

What To Expect

Partnering with Wellview is a journey that will grow and evolve over time based on the needs of your co-workers. Wellview will work with you and your team to explore topics, interests, and opportunities to positively impact the lives of every co-worker in your company.

Your primary goals will be to:

- Share and distribute Wellview communications, designed to increase participation and awareness along the way (emails, break room fliers, etc.)
- Coordinate a successful Wellview Checkup Event(s)
- Participate and encourage enrollment for on-site Wellview events
- Complete an online profile and confidential Health Assessment

The Wellview Checkup

If your organization is hosting an on-site Wellview Checkup Event, this is the process you and your co-workers will be walking through:

Health Assessment

This is a completely confidential online questionnaire that lets the participant know where their health stands today. The answers to this Health Assessment will help inform an online personal Health Summary that shows where the participant is doing great and in what areas they may want to consider making some positive changes. This assessment also helps our Health Advisors meet participants exactly where they are and create a personalized health plan!

Health Screening

A quick, confidential test that can give real-time insights on a person's current state of health. During the Health Screening a health technician will collect measurements including height, weight, blood pressure, and waist circumference. A blood draw will determine a participant's cholesterol and glucose levels, triglycerides, and other risk factors.

Following the screening, the participant will receive a Healthy Living Booklet highlighting their screening numbers, presented in a way that's easy to understand. Results from the screening will also populate in the participant's online Health Summary.

Healthy Living Consult

After the participant has completed the Health Screening, the participant will sit down one-on-one with a Wellview Health Advisor and have the chance to ask further questions and learn how to take advantage of Wellview's services and network of providers.

We offer the opportunity to work with a trained Wellview Health Advisor, either over-the-phone or through video. The Health Advisor works with the participant to create a realistic, personalized health plan to accomplish their goals and will navigate them to the resources they need.

From chronic conditions and mental health support to personal training and nutrition, our Care Team of health professionals are passionate about understanding each participant's needs and discovering what really motivates them to develop healthier habits.

Solutions and Services

Wellview brings you on-demand access to the health services you need. We believe that engaging with your well-being resources should be a personalized and enjoyable experience, so we're making it that way. We're here to support you and your colleagues as they become participants in Wellview's programs and services!



BEST-IN-CLASS PROVIDERS:
Access to Registered Dietitians, Certified Diabetes Educators, Personal Trainers, and other care professionals.



MENTAL HEALTH: Professional support from licensed therapists to work through whatever's on your mind.



HEALTHY WEIGHT: Guidance and motivation to make healthy lifestyle changes to achieve long-term weight loss and improve overall health.



HEALTHY HEART: Guidance and personalized plans to help you lower cholesterol and prevent heart disease.



HEALTHY BLOOD PRESSURE: Guidance and lifestyle tips to improve blood pressure and keep your heart healthy for life.



PREVENT OR MANAGE DIABETES:
Learn skills to take control of your life and live well with diabetes or lifestyle habits for prevention.



FINANCIAL WELLNESS: Support from Accredited Financial Coaches for sound financial habits to help you overcome debt and plan for the future.



TOBACCO CESSION: Quit your habit with support from Tobacco Treatment Specialists and proven resources that help the commitment last.



HEALTHY LIVING SERVICES: Customized healthy living plans, including attention to stress management, sleep habits, and overall healthy lifestyle habits.



HEALTHY MOM, HEALTHY BABY: From conception to delivery and beyond, our specialists will give you extra support for a healthy mom, baby, and family.



We're here for you!

Give us a call at **877.293.9355** or email our Concierge Team at concierge@wellviewhealth.com

Frequently Asked Questions

COMMUNICATIONS

Q: What kind of communications will participants receive?

A: We use a variety of communications channels, including emails, text messages, newsletters, posters, blogs, and on-site materials. Participants can opt-out of digital communication channels at any time.

CONFIDENTIALITY

Q: Is my personal health information protected?

A: Your personal health information will never be shared with your employer or insurance company and is held in secure confidence between you and Wellview. Your privacy is protected, in compliance with the Health Insurance Portability and Accountability Act (HIPAA). HIPAA prohibits Wellview from disclosing your personal health information to anyone without your permission.

WELLVIEW CHECKUP EVENT

Q: Do I need to have an appointment?

A: Yes, it's the best way to guarantee that you will be seen! You can make an appointment for the on-site events on your Wellview Portal at my.wellviewhealth.com. Walk-ins are accepted, but you'll need to speak with the check-in team and find out what time you can be worked into the schedule. Remember, the Wellview Concierge is always available to answer questions, navigate next steps, or even help schedule your appointments for you!

Q: How long will my Health Screening take?

A: About 12 minutes.

Q: How will I receive my screening numbers?

A: Immediately after your screening, you will receive your screening results in a Healthy Living Booklet that highlights them in a way that's easy to understand and discuss with your Health Advisor.

Q: Will my results be shared with my employer?

A: No, your personal numbers are protected by HIPAA law and will never be shared.

Q: What if an on-site event is unavailable to me?

A: You can complete an off-site screening at a local LabCorp or doctor's office. If you select LabCorp, you will be sent an email containing a form to take to any LabCorp office to have your screening performed there free of charge.

If you select to complete your screening at your doctor's office, you will be sent an email containing a form that your doctor will need to fill out. Your confidential numbers will then be sent to Wellview so you can access them via your online Health Summary and review with your Health Advisor.

Q: What is the Healthy Living Consult?

A: A personal, confidential sit-down (on-site or over-the-phone) with a trusted Wellview Health Advisor where you can ask further questions about your screening results and learn how to take advantage of our services and network of clinical and health specialists available to you through Wellview.

Q: How long will the consult last?

A: About 15 minutes.

Q: When does the Healthy Living Consult take place?

A: For participants in the on-site health screenings, the consult takes place directly after the health screening, at your place of employment. Participants in the off-site screenings will need to schedule their virtual consult once their screening is complete.

WELLVIEW CONTINUED SERVICES

Q: What is a Wellview Health Advisor?

A: Wellview Health Advisors are certified by the nationally recognized Wellcoaches® school. They are trained in the fields of weight, nutrition, fitness, stress, lifestyle medicine, chronic disease, and mental health in order to help others facilitate lasting, lifestyle change.

Q: Who is my Health Advisor?

A: Our Advisor team is made up of experienced health experts who are passionate about understanding what really motivates you in order to create new, healthy habits. When you're ready to schedule an appointment, you can browse the profiles of our Health Advisors on your Wellview Portal and select someone you feel might be a good fit!

Q: What is a Wellview clinical provider?

A: Our clinical providers/specialists hold degrees in their respective fields of expertise, have passed board certifications, have obtained licensure and stay up-to-date with ongoing continuing education requirements. When you're ready to schedule an appointment, you can receive a referral to a clinical provider through your Health Advisor or you can browse the profiles of our Care Team on your Wellview Portal and select someone you feel might be a good fit!

Q: Where and when do I meet with my Health Advisor or other Care Team member?

A: Scheduled sessions are completed over-the-phone or through video based on your schedule. Simply schedule an appointment on your Wellview Portal at my.wellviewhealth.com.

Q: How long are sessions?

A: Most sessions last 20 minutes long. Sessions with our clinical providers, such as Registered Dietitians, Mental Health professionals, and Certified Diabetes Educators last up to 40 minutes long.

Communication Support

Below is a general outline of some of the communications you will receive or send out over the course of a year – but don't worry, we'll help you every step of the way!

	COMMUNICATION TOOL	DETAILS
Leadership Education & Operations	Emails and in-person or virtual meetings.	Connect with the Wellview team and organize events.
	Wellview Checkup: How it Works	Get to know your event details.
Champion Education & Program Introduction	Leadership Guide & Promotional Materials	Support and encourage participation.
	Emails & Newsletters	Event information and enrollment notice.
Employee Enrollment & Engagement	Email Invitation	Enroll and get started with Wellview.
	Emails and Promotional Materials	Understand Wellview services and upcoming events
Ongoing Health & Well-being Awareness Communications	Email Campaigns	Engage with a Wellview Care Team member
	Monthly Blog Eblasts	Well-being topics by Wellview Health Advisors
	Monthly Newsletter & Poster	Well-being themes and topics to share with your population.



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