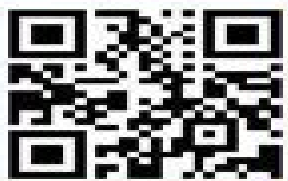


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Workplace Wellness Case Studies Healthcare Intelligence Network, 2006-03 The growth and market adoption of consumer driven healthcare continues to drive health plans and employers to develop more widespread member and employee health improvement initiatives Workplace Wellness Case Studies Tactics To Promote Health and Reduce Risk looks at what's working in health plan wellness and health promotion programs award winning and unique efforts best practices ROI and lessons learned Starting with case studies of health improvement innovations in place at three national health plans this report then delves into two parallel tactics that are gaining ground among employers pitting departments against each other in a friendly competition for the healthiest workers and rewarding employees for healthy lifestyle choices Both the game plan for healthy workplace competition and a profusion of winning ideas for incentives are profiled here You'll get case studies from some of the pioneers in wellness programming including American Cast Iron Pipe Company Excellus Blue Cross Blue Shield Health Alliance Plan HealthPartners Meridian Health System Texas Health Resources and Washoe County School District You'll get details on Analyzing the outcomes for a program run by Highmark to reverse heart disease Formatting a wellness team Designing incentives to increase wellness program participation Evaluating the payback on wellness programs Targeting your marketing to multiple audiences Using health coaches in wellness programs and Ensuring your wellness program's compliance with HIPAA Table of Contents Winning Ideas in Health Plan Wellness and Health Improvement Programs Case Study HealthPartners Tackles Risk Factors with A Call to Change Anatomy of a Phone Line Program Curriculum Structure Improving Health Step by Step Program Evaluation Case Study Health Alliance Plan Goes On Site to Impact Employee Health Work Site Health Promotion Program Coping With Flu Season Walking for Better Health Purchasers Demand for Health Promotion Surges Sharing Best Practices in Work site Wellness Forum iStrive for Better Health Program Employer Partner Provides 75 Reward for HRA Completion Case Study Mandatory HRAs and Wellness Interventions Reap Rewards for Highmark Blue Cross Blue Shield Employers Division Organization Choosing Interventions Embedding a Healthy Philosophy Into the Product Line HRAs Mandatory for Highmark Employees Outcomes Healthy Competition Taking the Team Approach to Wellness The Benefits of Teaming Up at

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