



## Employee Memo

October 2017

As an employer, it is our goal to promote a culture of health and wellness for our employees. As part of that commitment and to keep medical insurance options affordable, we continue to look for ways to encourage healthy behaviors. Wellness programs across all industries have proven to result in healthier, happier employees. For our industry, improving the lives of our employees results in an improved quality of life for their family and communities.

We have partnered with Health Solutions, an industry leader in wellness programming, to provide one-on-one health coaching for qualifying participants. Health Solutions was founded in 2004 and is located in Cedar Rapids, Iowa. Their wellness expertise spans multiple industries in the Midwest and they provide health coaching for organizations across the country.

### What does this mean for you?

- **A Clinical Approach.** Participants are identified for health coaching programs through critical screening results, uncontrolled chronic conditions, or flagged in predictive analytics.
- **Comfort in Confidentiality.** Your personal health information will be kept confidential and secured throughout the process. All Health Solutions services are HIPAA compliant and held to all privacy and security regulations. Services and programs are regularly audited by a dedicated Privacy Officer and quality team.
- **A Program for You!** You will have a dedicated health coach who will work with you to improve your health risks by focusing on a plan that is tailored to you toward goals that matter most.

*Health Solutions has designed wellness programs that fit the culture of our organization. This has resulted in lower premium increases and a more productive and healthy workforce. Our employees have commented on how focused we are on health and how they appreciate that; Health Solutions has been part of that focus. When your employees are your most important resource, your culture must support that.*

– **Health Solutions Client Since 2010**

Learn more by visiting [www.healthywithhsi.com](http://www.healthywithhsi.com)

### What is next?



**December 2017**

Receive program details on how to complete your Health Risk Assessment questionnaire



**January 2018**

Complete screenings and the online health risk assessment



**February 2018**

Receive an invitation into health coaching programs, if eligible



**February 2018 & Beyond**

Earn an incentive for participating & continue to improve your health

On behalf of the Health Solutions team, we look forward to working with you and all Rock Island County participants towards improving the health of all Rock Island County employees and their families! If you have any questions, please let us know!

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