

Get Healthy
Stay Healthy



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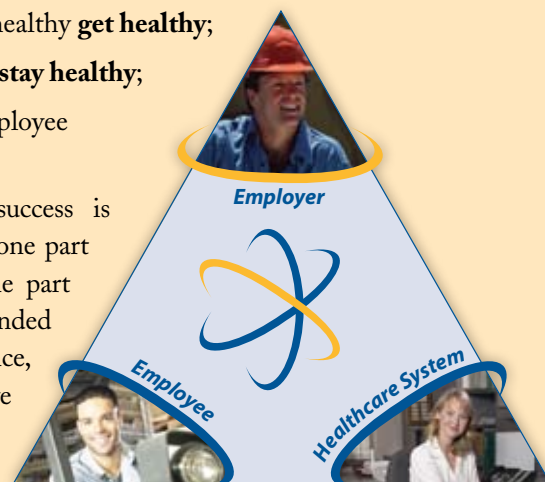
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Think about it.... Everyone wants to be healthy, right? Good health to an employer means a happier, more productive workforce. Personal good health means we feel better; we're more active, more alert and are more able to do those things we really enjoy. Good health also means fewer sick days, fewer trips to the doctor and fewer prescription medications. Good health means everyone wins by keeping more of their hard-earned money.

Trilogy's *Tri-Healthy* Wellness Program is designed to accomplish *three* things:

- ✧ Help employees who are not so healthy **get healthy**;
- ✧ Help employees that are healthy **stay healthy**;
- ✧ Ease the burden of employer/employee healthcare costs.

Trilogy's *Tri-Healthy* formula for success is simple. It includes three ingredients: one part *Employer*, one part *Employee* and one part *Local Healthcare System*. When blended together by Trilogy Health Insurance, Inc., you have one incredibly effective wellness program focused on health improvement and cost reduction.



Trilogy understands that your needs and your employees' needs are unique. That's why Trilogy has partnered with a variety of specific local healthcare systems, those you know and trust, to provide wellness services including:

- ✧ **Health Risk Assessments**
- ✧ **Biometric Lab Tests**
- ✧ **Health Coaching**
- ✧ **Confidential Individual and Group Reporting**

Trilogy's *Tri-Healthy* Wellness Program is easy to use and is available for you and your enrolled employees at **no additional cost**. Here's how it works: Within 30 days of your initial effective date or renewal date, a Trilogy representative will contact you to get you started on your wellness journey and to explain how you can take full advantage of your new *Tri-Healthy* Wellness Program.

Or, you can begin now by taking the following steps:

1. Review the list of participating healthcare systems located to the right. Check out their websites and give them a call to learn more about what each one has to offer you. To maximize your wellness results, please **select only one** healthcare system for you and your employees to work with.

2. When you contact a healthcare system, identify yourself as a Trilogy Health Insurance customer, state how many of your employees are enrolled with Trilogy and explain that you are interested in participating in the *Tri-Healthy* Wellness Program.
3. To help you determine which healthcare system will best meet your needs, be prepared to ask the following questions:
 - a. Is the Health Risk Assessment (HRA) offered online, in paper format, or both?
 - b. Will you come to my place of business to administer the HRA and biometric lab tests, or do my employees need to go to one of your clinics? If they need to go to your clinic, where is it located, and what are the hours of operation?
 - c. Will the individual coaching sessions with my employees be performed face-to-face or over the phone?
 - d. Will I receive an aggregate employer group report?
 - e. What other information or programs do you have available to help my employees manage their health? Are there fees for these additional programs?
4. New hires enrolled in Trilogy are eligible to participate in the *Tri-Healthy* Wellness Program. Just contact the healthcare system you initially selected, and they'll take it from there.

We encourage you to begin your wellness journey by taking full advantage of your new *Tri-Healthy Wellness Program*. Go ahead – give it a “Tri”!

Tri-Healthy Participating Programs:

Bellin Health, *Personal Health Institute*

www.bellinphi.org

Contact: Pam Miller, *Team Leader*, 866-631-3744

Columbia St. Mary's, *Corporate WORx*

www.columbia-stmarys.org

Contact: Eric Ziarek, *Wellness Coordinator*, 414-382-5707

Froedtert and Community Health, *Workforce Health Program*

www.workforcehealth.org

Contact: Traci Meyer, *Manager*, 262-253-5154

Holy Family Memorial, *Work Health Options*

www.hfmhealth.org

Contact: Becky Schleis, *Worksite Wellness Coordinator*, 920-320-4664

ProHealth Care, *ProHealth Works*

www.prohealthcare.org/prohealthworks

Contact: Chris Rohde, *Employer Relations Specialist*, 262-928-5743

TheDACare, *Ingenuity First*

www.ingenuityfirst.org

Contact: David Schmidt, *Account Representative*, 920-380-4951

Wheaton Franciscan Healthcare, *Wheaton Franciscan Healthy Connections*

www.mywheaton.org/employers/index.asp

Contact: Judy Gavigan, *Director, Business Relations*, 262-687-2130