

# Doctors Wellness Advantage

In response to the rising costs associated with company-sponsored health benefits, many employers have chosen to introduce wellness programs to their employees.

## INSPIRING HEALTHY TRANSFORMATIONS



OUR HEALTHY INITIATIVES have proven to be effective at lowering costs and typically result in reduced absenteeism, increased productivity, improved quality of life, fewer injuries on the job, boosted morale and increased employee satisfaction. Employers have reported a significant return on investment (ROI) from wellness programs.

Doctors Wellness Advantage employs a comprehensive approach to wellness that integrates strategies and tools to empower employees to take control of their health. This robust program includes Personal Health Assessments (PHA) (biometric screenings, lifestyle risk factor targeting, personal health portals), health campaigns, ongoing motivation through one-on-one health coaching, Walk Around the World<sup>SM</sup> (WATW) and our "Healthy in 12" physician managed nutrition and exercise program.

Considering that 70% of health issues driving up health costs are largely preventable through diet, exercise, smoking cessation and other lifestyle changes, a well-managed employee wellness program makes bottom-line sense.

### **Employee Wellness Program Benefits Include:**

- Decreased health care costs
- Improved workplace morale
- Reduced absenteeism
- Increased productivity
- Increased loyalty
- Reduced sick leave
- Improved performance
- Decreased health insurance costs

Please contact us to discuss our customized programs and services. The following highlights several of our capabilities. We perform each of these for ourselves as part of our own wellness plan for over 1,100 employees.

### **Personal Health Assessment (PHA) and Biometric Screening**

#### *Benchmarking Health*

Doctors Wellness Advantage PHA is based on biometric screening with a detailed questionnaire, blood and physical measurements (body fat percentage, blood pressure, lipid panel, etc). The information from the PHA helps your employees make informed health related decisions.

### **Personal Health Portal**

#### *Tracking Success*

Results from the PHA and biometric screening are entered into the Personal Health Portal, a web-based application where employees can create and maintain a detailed personal health record including allergies, vaccinations, surgeries, prescriptions and, of course, any new data from the Doctors Wellness Advantage experience. Participants can access their records online at any time, add new data as it becomes available, track their progress and continue managing their health care via the Personal Health Portal.

### **Health Campaigns**

#### *Focus on Education*

Our health campaigns are designed to raise awareness and educate employees about lifestyle risk factors that can affect their health and wellness now and in the future. Typical areas of focus include fitness, nutrition and smoking cessation. Additional health campaigns will be determined by the PHA and biometric screening results.

## Health Coaching

### *Ongoing Motivation*

Major life changes can be challenging enough without having to go it alone. Our health coaches understand the impact that in-person, one-on-one coaching has on success rates. The power of the personal connection between coach and participant cannot be emphasized enough, especially down the road when it comes to maintaining lifestyle changes. Our health coaches are dedicated to the long term success of our wellness participants.

## Walk Around the World<sup>sm</sup>

### *Encourage a Healthy Lifestyle*

Walk Around the World<sup>sm</sup> (WATW) is a walking-based exercise program unique to Doctors Wellness Advantage. Through healthy competition and a reward system for healthy behaviors, employees are motivated to be physically active every day. One of the unique features of WATW is that employees pay to join and therefore have stake in winning the competition. Our Health Coach works with employees to establish daily/monthly walking goals and encourages them to find alternative modes of exercise. Rewards and prizes are presented to employees that meet their walking goals.

## Doctors Wellness Center

### *"Healthy in 12"*

Using the results of the PHA and biometric screenings, we can target employees that might benefit from Healthy in 12, our medically based nutrition and health program that tackles lifestyle risk factors such as:

- Obesity/Weight Management
- Diabetes Management
- Hypertension Management
- Cholesterol Management
- Cardiac Rehabilitation
- Arthritis Management
- Osteoporosis Therapy and Management

At Doctors Wellness Center, we make your life better. We have a proven track record of success with an average weight loss of 22 pounds per participant.



## Doctors Care

*Your Workplace Medical Center*

Doctors Care opened in 1981 as the first minor emergency medical center in Columbia, SC, offering urgent and primary care services with flexible evening and weekend hours. Today we are a multi-state network with nearly 50 offices providing health care services to meet our patients' needs in a timely and convenient manner.

Doctors Care is staffed by experienced, dedicated and compassionate medical professionals. From the start, we have focused on delivering exceptional care, with an uncompromising commitment to the health and wellness of our patients.

As our services have expanded over the years, our team has grown to include 1,100 dedicated health care professionals, with over 200 highly skilled clinicians focused on primary care, urgent care, occupational medicine and employee wellness. Doctors Care averages 790,000 patient encounters per year, and serves more than 2,500 employers in the state with Occupational Medicine services.

All Doctors Care facilities have achieved the prestigious designation of Certified Urgent Care Clinics, placing them among only a fraction of such facilities in the nation to be recognized for the range and quality of services offered.



DoctorsCare.com

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