

WPS Wellness Service Levels

	Silver	Gold	Platinum	Platinum Plus
WPS Wellness CD <ul style="list-style-type: none"> • Health Fair Planning Guide • Walking Across Wisconsin coordinator guide • Climbing Mount Everest coordinator guide • Weight Loss Challenge coordinator guide • National Employee Health & Fitness Month coordinator guide • Health & Wellness Resource Guide • WPS Exercise Guidebook • HealthSense Rewards™ and WPS Health Center informational posters • Healthy Tips (Vol 1, 2, 3) • Stretching informational poster • Vending machine educational posters • Worksite wellness checklist 	✓	✓	✓	✓
WPS Online Health Center <ul style="list-style-type: none"> • Healthwise Knowledgebase health encyclopedia • Topic-specific health quizzes and calculators • <i>Alive & Well</i> newsletter and Wellness blog • HealthSense Rewards fitness center discount program • Healthy Living for help managing lifestyle-related risk factors • Chronic Care Centers for help managing chronic conditions • Patient safety and provider quality information 	✓	✓	✓	✓
Online Employer Wellness Resource Center <p>Many of the materials found on the WPS Wellness CD are also available in the Employer area of the WPS website.</p>	✓	✓	✓	✓
Alive & Well Newsletter <p>Six issues per year of the WPS Wellness newsletter bulk-mailed to your primary business address for internal distribution to your employees.</p>		✓	✓	✓
Health Risk Appraisals (HRA) with Biometric Screenings <p>A questionnaire to assess employees' health status across a broad range of categories. Includes on-site biometric screenings for employees measuring height, weight and body fat percentage, blood pressure, total cholesterol (LDL, HDL, triglycerides), glucose and cotinine.</p>		✓	✓	✓
Participant and Aggregate HRA Report <p>A written explanation of the HRA and results of the biometric screening for each participant. Includes recommendations based on risk factors identified. Aggregate report provides HIPAA-compliant health profile of all participants for employer.</p>		✓	✓	✓
HRA Onsite Report Delivery <p>A 15-20 minute confidential session to explain the HRA and results of the biometric screening to each participant. A WPS Wellness Coach will help identify potential health risks and assist in setting goals for behavior change.</p>			✓	✓
HRA Aggregate Report Presentation <p>Onsite presentation of aggregate HRA results and detailed wellness program recommendations.</p>			✓	✓

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Wellness Workshops Quarterly onsite presentations from WPS Wellness staff to your employees on various health and lifestyle-related topics. Includes Health Fair participation.				✓
Blood Pressure Screenings Quarterly onsite blood pressure screenings during normal business hours.				✓
Wellness Committee Participation A member of the WPS Wellness staff will be available to participate in your wellness committee meetings via teleconference.				✓
Communication Support A variety of professionally designed displays, posters and marketing materials to advertise and communicate wellness programs (e.g., Health Risk Appraisals/Coaching Programs).				✓
ADDITIONAL COST PER PARTICIPANT PER YEAR	\$0	\$75+	\$100+	\$125+
TELEPHONIC WELLNESS COACHING PROGRAMS				
Freedom from Smoking® Seventeen-week program created by the American Lung Association, proven to help participants quit smoking for good. Includes a workbook and eleven, 30-minute telephone coaching sessions.		✓	✓	✓
HealthyLife Weigh® Six-month weight loss and exercise program. Includes a workbook and seven, 30-minute telephone coaching sessions, and two follow-up sessions.		✓	✓	✓
Systematic Stress Management™ Six-month program proven to help participants better manage stress and increase productivity. Includes a workbook and seven, 30-minute telephone coaching sessions, and two follow-up sessions.		✓	✓	✓
WPS Healthy Motion WPS Healthy Motions is a six-month physical activity and exercise coaching program. Includes a workbook and seven, 30-minute telephone coaching sessions, and two follow-up sessions.		✓	✓	✓
WPS Living Well A six-month program that allows participants, who have successfully completed other programs offered by WPS, to select their own focus and set their own goal, while still receiving support, guidance and encouragement from their coach. Includes a workbook and seven, 30-minute telephone coaching sessions, and two follow-up sessions.		✓	✓	✓
ADDITIONAL COST PER PARTICIPANT PER YEAR	\$0	\$200	\$200	\$200

WPS Wellness Assessment: A Web-based survey delivered to employees via email that provides high-level, self-reported lifestyle risk factors across your workforce and measures overall employee interest in a wellness program. **\$500/group**

*HRA pricing varies by mode and number of participants as follows:

HRA Options	Additional Cost Per Participant Per Year
Online HRA Administration	\$0
Paper HRA Administration	\$10
20+ HRA Participants per location	\$0
7-19 HRA Participants per location	\$10
4-6 HRA Participants per location	\$20
Single HRA Questionnaire (Paper Only)	\$60

**For more information or to get started,
contact your local agent or call WPS at**

1-866-297-4977.

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