

WPS Wellness Service Levels

	Silver	Gold
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 • 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 • Wellness blog 	✓	✓
Online Employer Wellness Resource Center <p>Many of the materials found on the WPS Wellness CD (see below) are also available in the Employer area of the WPS website.</p>	✓	✓
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™ informational poster • WPS Health Center informational poster • Healthy Tips (Vol 1, 2, 3) • Stretching informational poster • Vending machine educational posters • Worksite wellness checklist 	✓	✓
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>		✓
COST PER GROUP PER YEAR	\$0	\$300
ADDITIONAL COST PER PARTICIPANT PER YEAR	\$0	\$75*

*Included in Gold Service Level. May be purchased by Silver Level groups for a flat fee of \$125.

(over)

TELEPHONIC WELLNESS COACHING PROGRAMS

	Silver	Gold
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	N/A	\$200

WPS Wellness Assessment	\$500/group	
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.		

*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

1717 W. Broadway | P.O. Box 8190
Madison, WI 53708-8190 | www.wpsic.com