



Wellbeing programs that move employees from the inside, out

WellSpark's life-dimensional approach gets to the heart of health challenges, helping employees find reasons and ways to achieve their enduring well.

 WellSpark[™]

Put members on a path to a more enduring well

Good help is hard to come by. Which is why, as a leader, you want to see your team—the people you care about and who work so hard for you—thrive. But the truth is, their job, along with a multitude of other factors, can contribute to making change difficult.

That's why we're making better health more achievable.

WellSpark is a wellbeing program that focuses on economically diverse, multicultural, long-tenured employee populations who struggle with their health. We give meaningful solutions to people who've been let down by the fractured healthcare system and off-the-shelf wellbeing programs—solutions that account for the needs of the whole person and lead to enduring changes in health.



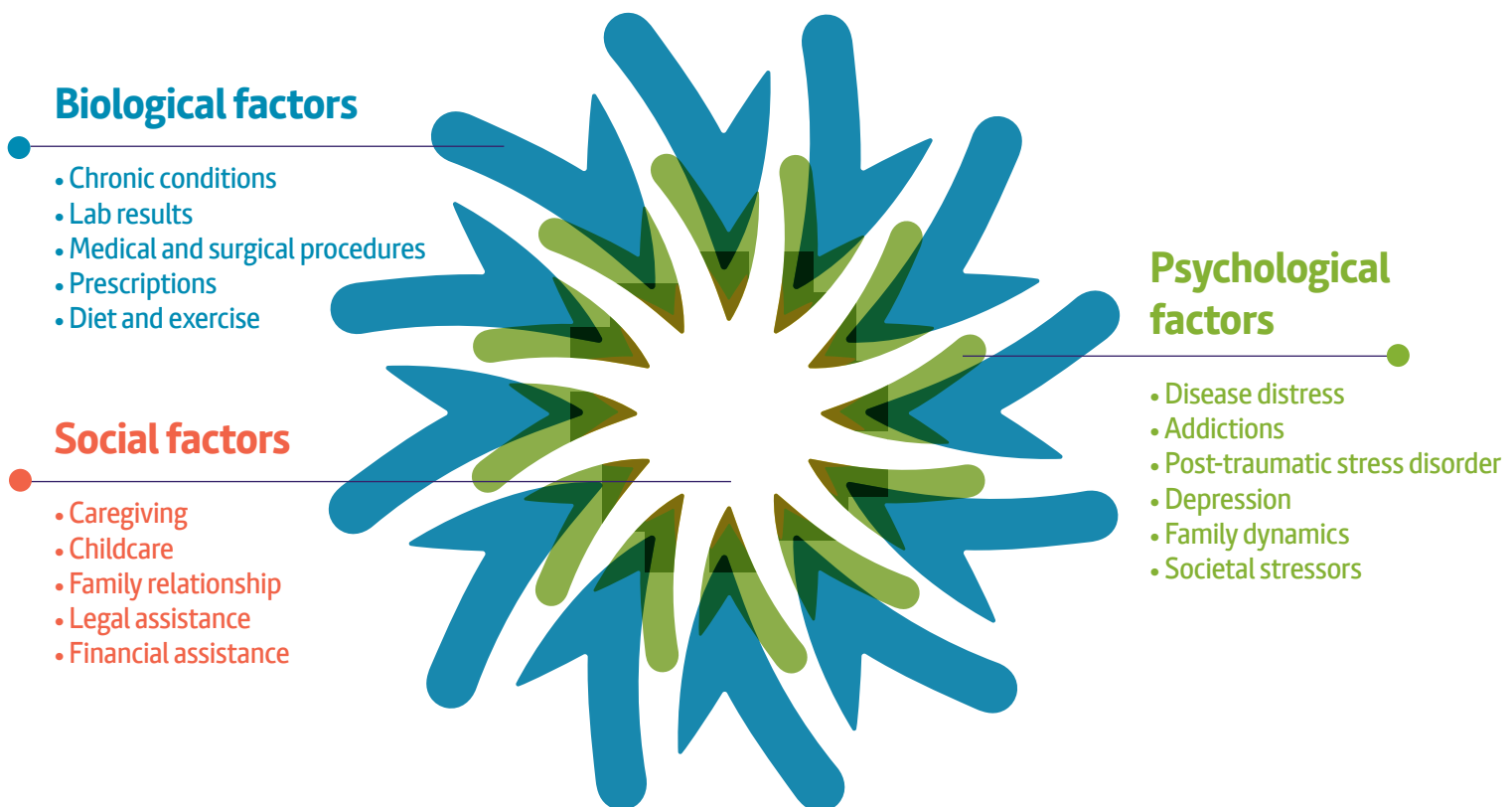
You see people as more than their badge number. We do the same with their health.

Like you, WellSpark understands people are more than the physical being we see. That's why we take a life-dimensional approach, with our wellbeing advisors, nurse educators, and social work resources working with members to put their physical health into context of who they are and how they live.

Their compassionate expertise, supported by unique, science-backed assessments, such as Silver Fern, allows us to see each member as the sum of everything in their life. We go beyond the clinical data to understand a person's lifestyle—the choices they make around food and exercise—as well as the family dynamics, mental health, culture, and everything else that plays into a person's ability to alter these behaviors. It's how we build the trust needed to help members learn more about and identify specific barriers to health, as well as find ways—and reasons—to make healthy changes that stick.

Change starts with an understanding of the whole person

WellSpark's life-dimensional approach focuses on all the different aspects of a person's life—commonly referred to as biopsychosocial factors. This multitude of factors comes together to make a person who they are, and to impact their health.



We help spark change for everyone

WellSpark is focused on measurable, enduring results that positively impact both members and the organizations they work for. Together, we help you create a culture of health that adds a dimension of emotional support, which is critical for lasting change, including weight loss, improvements in physical and emotional vital signs, and generally more engaged, motivated members.

But beyond improved employee health, productivity, and satisfaction, our model also helps solve business issues related to member wellbeing. These include absenteeism, future healthcare costs, disability and workers' compensation, to name a few.



Help 364SM – Chronic Disease Self-Management Support

No one should overcome the challenges of chronic disease alone. Help 364SM provides coaching and support to members who are self-managing their chronic disease, helping them improve control over their conditions and alleviate chronic disease distress.

- A 360° view of a person's health, based on data and analytics, to uncover areas of focus.
- Focused coaching and disease education to educate and motivate members.
- Health literacy education to improve decision making, through videos and from conversations directly with their nurse wellness coach.
- Use of leading, science-backed behavior assessment tools, such as Silver Fern, to identify and unlock the biopsychosocial barriers preventing them from achieving their well.
- Telephonic, desktop, or mobile app communication to reach everyone.



DPP – Diabetes Prevention Program

A1C levels aren't the only factor that determines a person's diabetic risk—or that needs to be addressed. Delivered on-site or online, DPP is a 12-month program that helps members make sustainable, lifelong changes in habits and the risk of developing type 2 diabetes.

- Utilizes the CDC's Prevent T2 curriculum and culturally relevant programming for diverse member groups.
- Live-streamed, online classes by CDC-certified trainers or on-site at the employer's location, with makeup classes on-demand.
- Classes create a community environment, where members can communicate with and get encouragement from others as they complete their health journeys together.
- Lifestyle coaching to promote personal success
- Health literacy education to improve decision making, through videos and from conversations directly with their nurse wellness coach.
- Use of leading, science-backed behavior assessment tools, such as Silver Fern, to identify and unlock the biopsychosocial barriers preventing them from achieving their well.
- Anonymous and secure online presence.
- Telephonic, desktop, or mobile app communication to reach everyone.

WellSpark Accreditations

WellSpark Diabetes Prevention Program (DPP) has been recognized for exceeding the national averages of traditional CDC programs.



DSMES HITRUST[®]



Health Coaching for LifeSM – Lifestyle Coaching for Behavior Change

Change doesn't happen in a vacuum. By understanding and supporting a person's barriers to health, our extensively trained, in-house health coaches and social work resources can provide direction to participants—direction based on the specific dimensions of a member's life. With advanced degrees in various health disciplines and credentials in Cognitive Behavioral Coaching, our team delivers individually-tailored plans and the guidance that participants need to achieve their personal well.

- Weekly access to fully credentialed health coaches who utilize our life-dimensional approach to build trust with participants and develop individualized plans.
- Use of leading, science-backed behavior assessment tools, such as Silver Fern, to identify and unlock the biopsychosocial barriers preventing them from achieving their well.
- Access to social work resources to help participants access vetted, local community resources to help them act on their health.
- Telephonic, desktop, or mobile-app-enabled communication to reach everyone offering flexibility for the modern workforce. Texting capabilities will be launched in Q3, 2021.



SparkLife Worksite Wellness – Activity and Compliance-Based Incentives & Rewards Administration

Key to long-term change isn't telling members what to do, rather it's helping them uncover what they want to do for themselves. SparkLife Worksite Wellness enhances your culture of health by empowering members to take an active role in their wellbeing.

- Incentives to complete an online health assessment featuring social determinants of health and a preventive exam.
- Physical activity tracking of age and gender-appropriate preventive care.
- Rewards for taking healthy actions toward a positive lifestyle change.



“This program is transforming how the family unit relates to food, exercise, and wellness. The benefits will be transferred to future generations.”

Former union president on WellSpark

“This program is life-changing. I have been caring for everyone else except myself and was afraid to ask for help. WellSpark nurses showed me how to do both by guiding me to put my health first and get outside help when caring for my parents.”

WellSpark member



**To learn more about WellSpark,
our life-dimensional approach to employee
wellbeing, or our programs,
please call 1-877-224-7350 or
email info@wellsparkhealth.com.**

WellSpark programs are intended to impart nutrition, fitness and wellness information. It is not a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard or delay medical advice based on your participation in a program. If you think you may have a medical emergency, call your doctor or call 911 immediately.

Service mark pending.

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