INTRODUCING PEAK WELLNESS FOR SMALL EMPLOYERS

At Blue Cross of Idaho, we believe that health and wellbeing are about the total person, both mind and body. Most people want to be healthy and productive in all areas of their life. A healthy employee is also a more engaged employee. As an employer, you can help your employees be healthy, productive and successful with the Peak Program.

Use materials and resources from the Peak program to:

- Improve your employees’ health IQ to enable more informed choices.
- Promote a healthy lifestyle with fun and engaging challenges.

Your employees have access to our WellConnected™ wellness portal, which includes these great tools and resources:

- Personal health assessment and report
- 36 Wellness workshops
- Wellness blog and daily health tip
- Healthwise® health library
- Health, exercise and food trackers
- Mobile app
- Activity device sync
- Ask a coach Q&A capability

The 24/7 nurseline is available to your employees when they need answers to health-related questions and advice for when to apply for home care versus when to seek care from a medical professional.

Promoting wellness is easy with your wellness kit that includes:

- 12 wellness themed posters, one for each month
- Quarterly wellness newsletter and health flyer (electronic)
- Fast Food Guide to distribute to employees
- 24/7 nurseline promotional poster and brochures
- EAP promotional poster (for employers who have purchased the EAP program)
- Online or turnkey challenges
  - Online challenges are hosted and tracked in the wellness portal; we draw the prize winners and distribute the prizes.
  - Turnkey challenges are self-administered by you; we give you all the materials you will need to promote, communicate and track the challenge, as well as prizes for you to award.

Employee health plays a huge role in the overall economics and productivity of companies. Hosting a great health and wellness program encourages employees to stay healthy, fully engage in their work and productively thrive.