

## HEALTHY LIFESTYLE PROGRAMS

# Promote employee wellness with targeted lifestyle programs



Employees who actively take care of their health tend to be healthier, more likely to stay at their jobs, and to cost their employers less in health care.<sup>1</sup> You can help improve your wellness strategy with lifestyle programs designed to address specific health risks that matter to your employees.

To take the Total Health Assessment, have your employees visit [kp.org/tha](https://kp.org/tha).

### A personalized, confidential way to learn about health risks – at no cost

Invite your employees to take a Total Health Assessment and learn about health and lifestyle risks such as smoking and lack of exercise. With this confidential, no-cost resource, they'll answer some simple questions about their diet, exercise, and other health habits. After that, they'll get a personalized health summary to help them set and reach their health goals.

**We'll also recommend participating in our online healthy lifestyle programs.<sup>2</sup> In these programs, your employees will get advice, encouragement, and tools to help them form healthy habits.**

#### Topics focus on how to:

- Eat healthy
- Lose weight
- Manage health conditions
- Move more
- Quit smoking
- Reduce stress
- Sleep better

1. Grossmeier et al., "Linking Workplace Health Promotion Best Practices and Organizational Financial Performance," JOEM, January 2016.

2. These value-added services are extra services provided by entities other than Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc. (KFHP-MAS), and are neither offered nor guaranteed under any KFHP-MAS contract. These entities may change or discontinue offering these services at any time. KFHP-MAS disclaims any liability for the services provided by these entities. The Total Health Assessment and healthy lifestyle programs are available to members in all regions except Washington.