



Wellness Innovations & Nursing Services, LLC

Program supported by
THE UNIVERSITY
OF KANSAS HOSPITAL

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WORKS WELL

A results-based employee wellness program that improves lifestyle related health risk factors of participants and decreases overall health claims.

- Focus:
 - Prevention and/or improvement of Diabetes, Cardiovascular Disease, Obesity, Smoking Cessation, Hypertension, Stress Related Illnesses
 - Promote and facilitate recommended health screenings based on age, gender, and other risk factors
 - Provide cost effective episodic care for minor illnesses and injuries



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Health Center

- Open to Employees and Retirees
- Staffed by Family Practice Nurse Practitioner
- **Free Services** Provided To All Employees Participating in Wellness Program

Wellness Program

- Annual Health Risk Assessments with Lab and Biometrics
- Coaching
- Group Challenges



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- Planning to Achieve Measurable Results
 - Employee Incentive Program
 - Free Injury and Illness Treatment for Wellness Program Participants
 - Insurance Discount of \$240 per Year for Wellness Program Participants
 - Program Components
 - Delivery Methods
 - Complimenting Current Resources
 - Goal: 90% participation of Plan Participants
- Promoting to Achieve Greatest Participation
 - Roll-out and Ongoing Employee Communication
 - Wellness Website Development/Maintenance



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Personal Face-to-Face Coaching



Professional Staff

- Nurse Practitioners
- Registered Nurses
- Dietitians
- Fitness Experts

**All Services Designed to
Produce Measurable
Results**



- WINS Staff
 - Nurse Practitioner 16 hr/wk
 - Administrative Assistant 16 hr/wk

- WINS Team of Nurses and Technicians
 - HRAs
 - Initial Consultations
 - Mid-Year Lab

- WINS Management and Support Services
 - Direction and Supervision
 - Strategic Planning
 - Problem Solving
 - Program Evaluation
 - Management Reporting
 - IT Support



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- Lifestyle Management Coaching Sessions to Address Risk Factors
 - Provided by NP, Registered Dietitian, and Fitness Expert
 - 6 Sessions throughout the year for individuals who had significant risk factors identified during the health risk assessment
- Disease Management
 - Works collaboratively with personal physician
 - For common conditions such as Diabetes, Pre-diabetes, Hyperlipidemia (high cholesterol or triglycerides), Hypertension (high blood pressure), Obesity, Asthma
- Vaccinations



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- Treatment of Minor Illnesses/Injuries
 - Upper Respiratory Illnesses
 - Sore Throats
 - Sprains/Strains
 - Ear Infections
 - Urinary Tract Infections
 - Viral and Bacterial Infections
- Treatment of Minor Work Related Injuries
- Physical Exams



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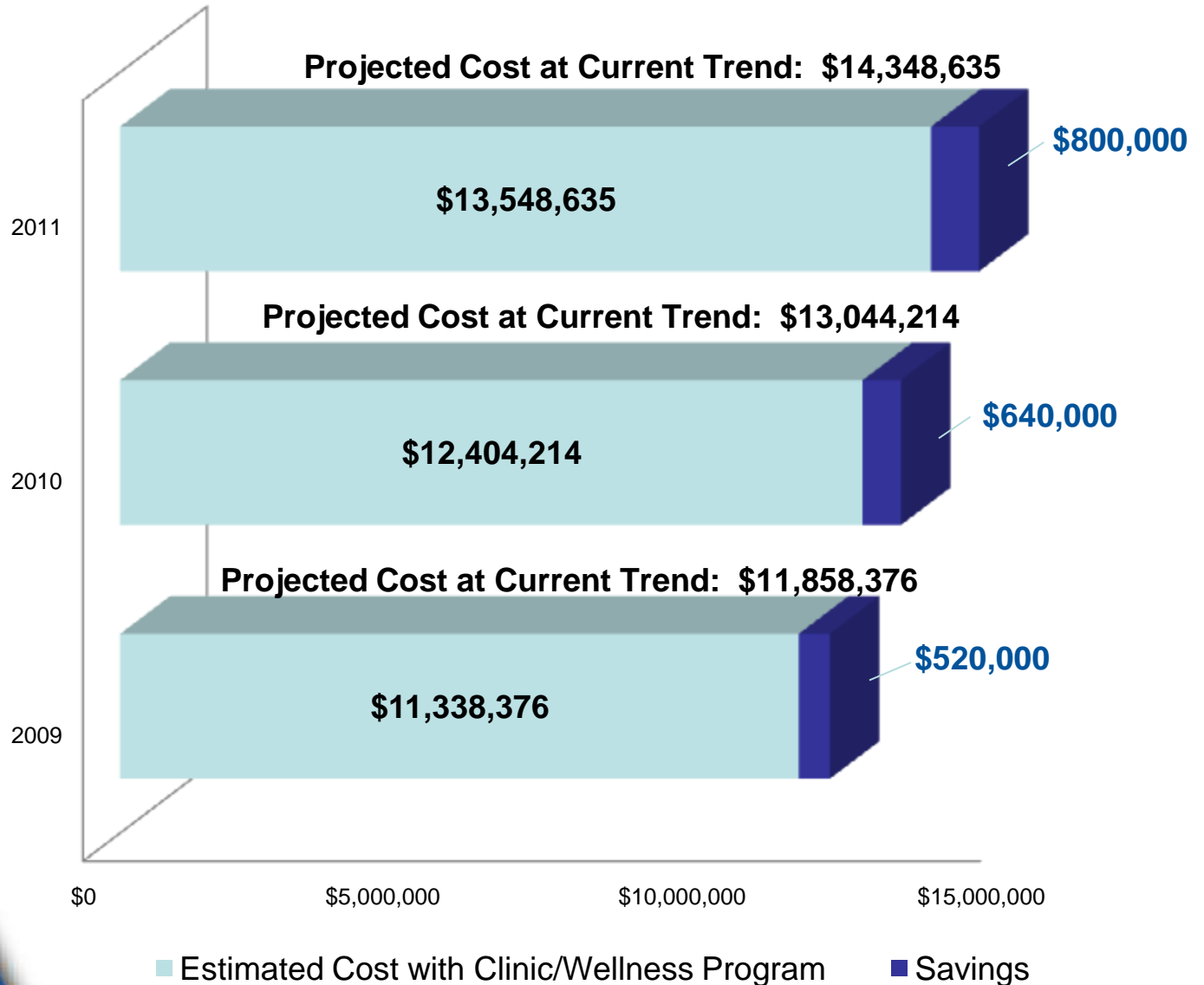
Required for Free Clinic Usage and Ins. Discount

- Employee Screenings and Follow Up Based on Risk Factors
 - Health Risk Assessments (HRAs)
 - Lipid Panel, Glucose, Blood Pressure, Body Fat, Ht/Wt.
 - Lifestyle Questionnaire
 - 20 Minute Coaching Session by Registered Nurse or Nurse Practitioner
 - Lifestyle Management Coaching for High/Med Risk
- Wellness Activities/Promotions
 - Quarterly Exercise/Wellness Challenges
 - Web-based
 - Quarterly Wellness Presentations
 - Live and Online



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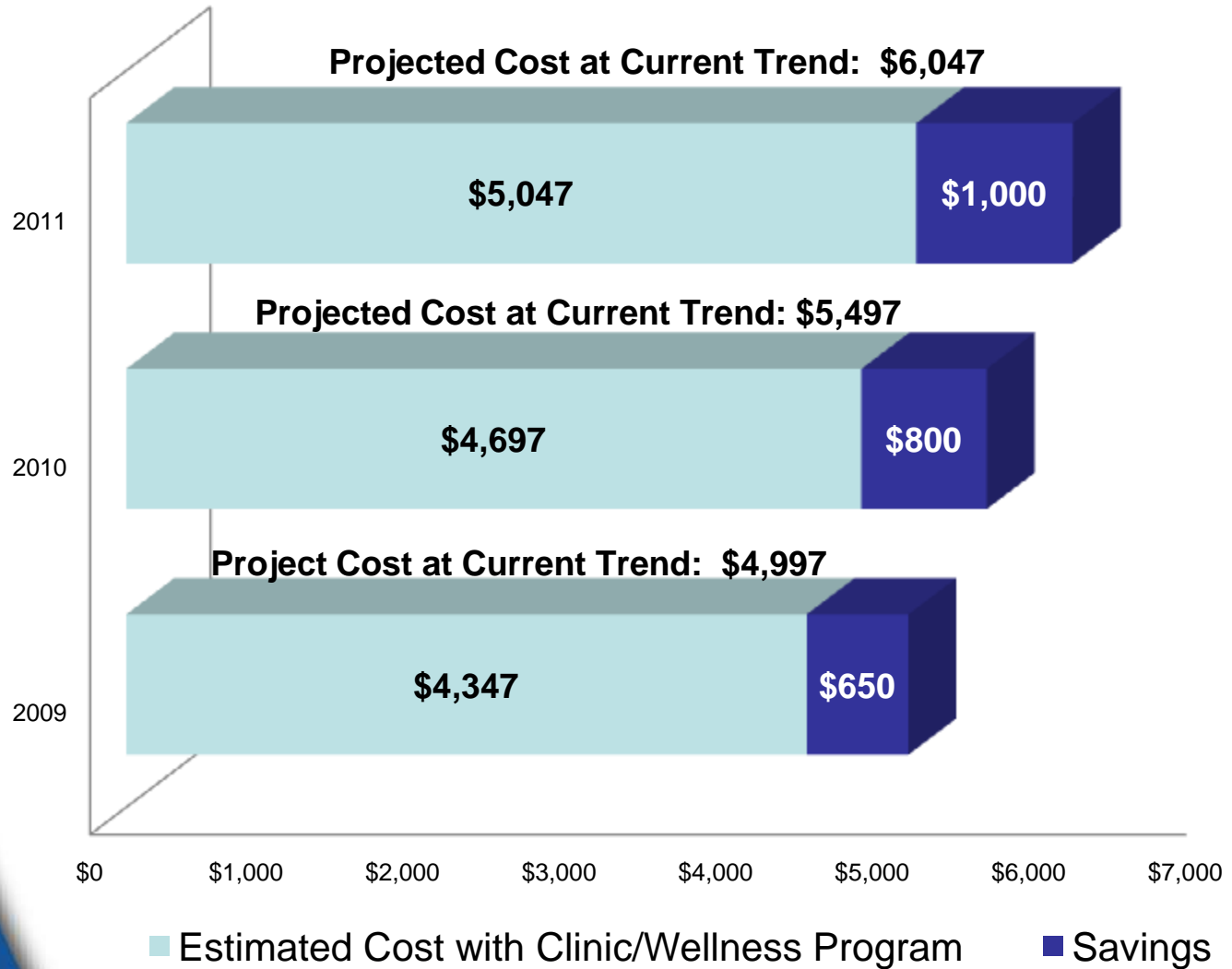
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Projected ROI per Program Participant



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- Participation
 - Tracking of Participation in All Wellness Events
 - Tracking All Clinic Visits
- Improvement in Risk Factors
 - Comparative Group Reports of Risk Factors Annually
- Discounted Medical Treatment
 - Collaborating with Third Party Benefits Administrator (FMH) to determine cost avoidance related to treatment provided for illnesses and injuries
- Trending Actual Health Claims



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