



Corporate Health and Wellness Programs

Population Health Management-Strategic Planning

The StayFit™ Plan is a national health and wellness company and provides services to small, medium and large employers.

StayFit™ specializes in forming strategic partnerships with our clients that allows our team of industry subject matter experts to create a comprehensive wellness program that integrates with existing benefits; effectively maximizing an organization's health and wellness investments.

Our innovative product/solution portfolio offers clients the flexibility to select only the solutions that align with their organizational culture, population health needs and budget.



*The StayFit™ Plan team is comprised of industry subject matter experts with over 35 years of combined experience in population health management. Our research indicates that our **Trusted Advisor** model make us unique and offers a significant advantage over competing health and wellness vendors. At The StayFit™ Plan, we are more than just a vendor—we are your strategic wellness partner.*

Healthcare Affordability

The rising cost of healthcare has forced employers to look for a variety of alternative health and welfare solutions to improve the health of their employee population, improve productivity and mitigate healthcare costs associated with chronic disease. The StayFit™ Plan helps companies identify the health risks of their population and provides appropriate interventions that motivate participant engagement in programs that are personalized and meaningful--resulting in sustained behavior change.

Strategic Wellness Partner

In addition to foundational wellness service delivery such as health assessments, biometric screening, health challenges, and other common programs-- our model delivers the following differentiators:

- A cultural understanding of your organization
- A 1-3 year strategic wellness plan including communication
- Coordination and integration with existing health benefits
- Comprehensive healthcare analytics and outcome reporting

We believe that our model is the best way to help clients leverage wellness as a serious economic business strategy.

Programs and Services

The StayFit™ Plan includes a comprehensive portfolio of services that span the continuum of preventive practice including financial wellness. Services and programs are customized based on the unique needs of each client.

- Strategic Planning
- Educational Communication Materials: newsletters, brochures, etc.
- Biometric Screenings (onsite/offsite/lab voucher/physician forms)
- Health Index Calculator™ (Financial Wellness)
- Health Risk Assessment
- Adult Influenza Immunizations
- Health Coaching
- Health Challenges
- Onsite Group Programs
- Custom Health Webinars
- Incentive Design, Tracking, and Administration



Health Index Calculator™

The Health Index Calculator™ is a relevant population health measurement tool that bridges the gap between physical health and financial wellness. The HIC assesses four (4) aspects of an individual's financial risk; health management, money management, credit management, crisis management and eight (8) aspects of physical health that drive 75% of today's costly chronic disease; tobacco, alcohol, blood glucose, weight, cholesterol, blood pressure, stress and physical activity. The HIC uses three levels of financial risk to stratify an individual's financial health; financial crisis, financial risk, financial wellness.

Biometric Screening

The StayFit Plan offers flexible biometric screening options to accommodate the logistical and geographical needs of our clients. The StayFit Plan uses finger stick methodologies which are 98% accurate as compared to a venous specimen and focuses on the four critical health indicators that drive 75% of today's costly chronic disease: Full lipid panel, Body Mass Index (BMI), Blood Pressure and Tobacco Use. We are able to add additional services to meet client's unique screening requests, but as a consultative partner, we highly recommend cost effective and efficient screening solutions that will yield the highest value.

Targeted Interventions

We provide a variety of preventive program interventions to address the health risks of the population health needs as well as consideration of the organizational culture. Our program interventions include both short and long-term solutions: web-based health challenges, live health webinars (custom topics and branding), onsite health programs, Health Coaching, Member Advocacy and Custom Communications. For a complete listing of services visit our website at: www.thestayfitplan.com

Incentive Strategies

The StayFit™ Plan offers and administers two distinct incentive designs; participation-based and health contingent programs. All associated rewards are employer funded. We recommend employers consider cost shifting a percentage of wellness program costs to the employee, which can be earned back through various incentive strategies so that the employees who participate and engage in healthy behaviors are rewarded for their good health habits. This type of cost shifting strategy assists employers with a cost-neutral approach to wellness.

Contact Us Today!

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