

FOR 2019 SMALL GROUP EMPLOYERS

Premera Wellness Program

Every Premera medical plan includes a Wellness Program to support you and your employees.

Premera Wellness Program benefits for employers:

- Alaska Wellness Academy gives you tools and resources that equip you with information to create a culture of well-being within your workplace.
- Ready-to-share employee communications help you deliver wellness tips and information to your employees.

Premera Wellness Program benefits for employees:

Employees get access to an employee assistance program that offers help with mental health, stress, grief and loss, illness or trauma, relationship conflicts, financial guidance, life adjustments, and more through:

- Three confidential, face-to-face (as available), or video counseling sessions per issue, free of charge.
- Unlimited access to lifestyle guidance resources. This includes online support and direct access to a guidance consultation by phone, online, or through a mobile app.



FIND OUT MORE

Visit premera.com/ak/employer

Talk with your Premera representative
or producer.

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