

FOR 2019 LARGE GROUP EMPLOYERS

Premera Wellness Program



Every Premera medical plan includes a Wellness Program at no additional cost to support you and your employees.

Healthier employees are more productive employees. That's why our Wellness Program provides:

Consulting for employers:

- Premera will send an email to welcome you to the Wellness Program. The email will also include an invitation to complete an Organizational Wellness Assessment.
- Once the wellness assessment is completed, Vivacity, an independent wellness consulting company that partners with Premera, will reach out to you to schedule follow-up sessions to discuss your results.
- In the follow-up sessions, your Vivacity Wellness Strategist will work with you to create a more detailed roadmap for your wellness program.

Premera Wellness Academy benefits for employers:

- The Alaska Wellness Academy is a multi-session workshop designed to help Alaska employers tackle the most challenging problems in worksite health promotion.
- Every academy session includes inspiring and informative presentations as well as interactive activities. This creates a unique opportunity for employers to learn from one another—and from Vivacity.
- Academy participants expect to leave with new insights and ideas that they can bring back to their organizations and apply immediately.

FIND OUT MORE

Visit premera.com/ak/employer

Talk with your Premera representative or producer.

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