

Wellness Offerings
September 17, 2009

Vendor	Health Risk Assessment	Online Content and Decision Tools	Telephonic Health Coaching	On-site Health Coaching	Biometric Screening	On-site Health Promotion Events	Walking Program	Fitness Management	Incentive Management
Health Plans									
Aetna / Active Health (Wellness Partners: American Specialty Health)	✓	✓	✓	✓	✓	✓	✓		✓
Blue Shield of CA	✓	✓	✓	✓	✓	✓	✓		✓
CIGNA (Wellness and DM Partner: Healthways)	✓	✓	✓						✓
HealthNet	✓	✓	✓						✓
Kaiser	✓	✓	✓	✓	✓	✓			✓
UHC / Optum	✓	✓	✓		✓	✓	✓		✓
Wellpoint / Anthem / HMC	✓	✓	✓		✓	✓	✓		✓
Specialty Vendors									
Alere / Matria	✓	✓	✓		✓				✓
American Specialty Health (Healthyroads)	✓	✓	✓		✓	✓	✓		✓
Avivia / Kaiser	✓	✓	✓		✓	✓	✓		✓

Vendor	Health Risk Assessment	Online Content and Decision Tools	Telephonic Health Coaching	On-site Health Coaching	Biometric Screening	On-site Health Promotion Events	Walking Program	Fitness Management	Incentive Management
CareAllies	✓	✓		✓	✓	✓	✓	✓	✓
Ceridian (Lifeworks)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Free & Clear	✓	✓	tobacco cessation and weight only						✓
Health Fitness Corporation	✓	✓	✓	✓	✓	✓	✓	✓	✓
Healthways	✓	✓	✓						✓
JourneyWell / Health Partners	✓	✓	✓				✓		✓
Lifemasters	✓	✓	✓						✓
Limeade	✓	✓							✓
Marathon Health	✓	✓		✓	✓				✓
Mayo Clinic	✓	✓	✓						✓
Nationwide Better Health / WellCorp	✓	✓	✓	✓	✓	✓	✓	✓	✓
Preventure	✓	✓	✓	✓	✓	✓	✓	✓	✓
Redbrick	✓	✓	✓	✓	✓	✓	✓	✓	✓
SHPS (Carewise)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Simply Well	✓		✓	✓	✓				
Staywell	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tangerine Wellness	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vitality Group	✓	✓	✓	✓	✓	✓	✓	✓	✓

Vendor	Health Risk Assessment	Online Content and Decision Tools	Telephonic Health Coaching	On-site Health Coaching	Biometric Screening	On-site Health Promotion Events	Walking Program	Fitness Management	Incentive Management
WebMD / Summex	✓	✓	✓		✓	✓	✓		✓
U.S. Preventive Medicine	✓	✓	✓	✓	✓	✓	✓	✓	✓

- Kaiser
 - Uses Health Media to run HRA and online health coaching modules
 - Has a worksite wellness program for onsite events
- Blue Shield of CA
 - WebMD runs HRA, online content, and core wellness services
 - HRA is entry point for health coaching
 - Has a Healthy Lifestyle Rewards program
- HealthNet
 - Health coaching is inbound
 - Have outbound coaching for metabolic syndrome
 - Uses Health Dialog for coaching
 - Uses WebMD for HRA