

HealthTrio

wellness & prevention programs



HealthTrio believes that knowledge is power. **HealthTrio's wellness and prevention programs** are a comprehensive approach to a healthier lifestyle with features and tools that support early detection and disease prevention. Our solution empowers members with the tools to better manage and take control of their health.

HealthTrio's wellness and prevention programs create a comprehensive strategy designed to:

- Reduce health care costs
- Improve member health and wellness
- Increase member participation and satisfaction

Utilizing claims and clinical information, member entered information and health risk assessments, HealthTrio is able to identify specific members with risk conditions such as diabetes, heart disease, certain cancers or depression as well as target members for **wellness and prevention programs**.

Once identified, HealthTrio's **wellness and prevention programs** provide:

Educational content – HealthTrio's **wellness and prevention programs** will vend specific health educational information from credible sources on topics such as:

Managing Chronic Care Series

- Asthma
- Chronic Obstructive Pulmonary Disease
- Coronary Artery Disease
- Heart Failure
- Type 2 Diabetes

Live Well, Work Well Series

- Arthritis
- Depression
- Headaches
- Low Back Pain
- Pregnancy
- Healthy Weight

Reduce the Risk Series

- High Blood Pressure
- High Cholesterol
- Prediabetes
- Quitting Smoking

Health Risk Assessment – HealthTrio has integrated the University of Michigan's HRA, but also allows clients to integrate their own HRA from any third-party vendor. This fully-customizable HRA functionality permits you to determine whether and how responses and results are incorporated into **HealthTrio PHR** data.

Reminders – remembering to refill medications, upcoming doctor appointments, changing habits, measuring/monitoring an event can become overwhelming. **HealthTrio's wellness and prevention programs** can remind you of annual wellness exams, upcoming office visits plus lab tests and screenings, medication schedules, exercise regimens or other health activities.

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HealthTrio *wellness & prevention programs*™

Health Calendar – with **HealthTrio's wellness and prevention programs** appointments, Health Journal entries, and health activities can all be entered through the Health Calendar. Members can be alerted when follow-up is needed and reminded when upcoming visits are scheduled.

Health Trackers – HealthTrio allows members to easily enter ongoing health measurements such as Blood Pressure, Peak Flow, Weight, Cholesterol and Blood Sugar. In the Health Tracker, dynamic graphs are created on the fly after each data point is entered, providing immediate feedback and encouragement. Members can scroll to see historic data, and view data overviews in table or graph format.

Interactive, Web-Based Self Management Programs – range from the simple ability to research information about symptoms, self-care and prevention for many common health conditions to engaging, virtual health coaching designed to get members more involved in managing their health online. These programs cover complex, high-cost health issues. Health plan data sources, along with member provided information, trigger these personalized, interactive programs. A single campaign includes a variety of interactive communications delivered over a period of time to:

- Provide member education at the right moments of care, and on their own time.
- Motivate members to take action by combining evidence-based, action-oriented content.
- Engage members in an ongoing dialog about their health through interactive campaigns, which provide tailored information based on members' answers.
- These campaigns teach the most important topics, help set attainable goals, and provide printable summaries to enable further discussion with their health care provider.
- Serve more members who have high-cost health problems in a more cost-effective way.
- Help you meet your goals for cost savings, member satisfaction, and quality measures for these health issues.
- Promote better adherence to treatment guidelines, which can lead to improved clinical outcomes.

Rewards and Incentive Programs – **HealthTrio's wellness and prevention programs** can begin to introduce reward programs that focus on certain health benefits such as walking and other types of physical exercise, and reward members for their activities.

Care Plan for Health – **HealthTrio's wellness and prevention programs** through the care plan for health creates an active management plan for each member. This plan is created by using the information available for any given member through claims data or the HRA. Once generated, each member will have an active management plan which includes preventative screenings, wellness campaigns, and chronic disease management strategies.

In addition to **HealthTrio wellness and prevention programs**, health plans can integrate **HealthTrio connect™**, which allows healthcare providers, members, employers and brokers to exchange healthcare data through a secure portal interface. By streamlining administrative and financial processes, health plans can decrease operational costs, improve efficiencies and increase revenue.



For further information on how your plan can experience these quantitative benefits, please contact HealthTrio at **877.571.1988** or visit **www.healthtrio.com**.