

## 3:1 Corporate Health & Productivity Management Solutions

### We welcome the opportunity to work with you!

Whether you are just getting started or looking for ways to improve the outcomes of your current health & productivity solutions - we can help!

### COMPLIMENTARY HEALTH & PRODUCTIVITY MANAGEMENT AUDIT

We are so passionate about helping employers find solutions to their health and productivity needs that we'll invest an hour of our time to help you improve the health and productivity of your organization!

Call today to discuss how your employees can become more:

**Well Aware,**  
**Well Educated** and live a  
**Well Lifestyle** through our  
**Flexible Fit Program.**

**970.430.5373**



Corporate Health & Productivity  
Management Solutions

**970.430.5373**

Email: [info@321-health.com](mailto:info@321-health.com)

Web: [www.321-health.com](http://www.321-health.com)



## Imagine

vital  
energetic  
productive  
employees  
AND  
health care  
cost containment...

3:1= Best in class comprehensive wellness program design, implementation, support and evaluation.



We build high impact, cost effective health and productivity management solutions for our clients by:

- **leveraging** their existing carrier health management products.
- **designing** and implementing worksite policies and environmental changes that support energetic, healthy living.
- **developing** captivating employee marketing campaigns to increase participation, improve morale and enhance engagement.
- **identifying** and making use of free community resources.
- designing and **managing** their wellness programs so they can manage their business!



## 3:1 Leveraging Health & Productivity Management Expertise

### INTEGRATED EMPLOYEE HEALTH & PRODUCTIVITY MANAGEMENT SOLUTIONS FOR COLORADO EMPLOYERS

#### Mission

To provide evidence-based health and productivity solutions for the workforce challenges facing employers today.

#### Vision

We are committed to shaping a healthier Colorado workforce. One consisting of energetic, vital, and productive employees whose benefits costs trend downward.

#### Goal

To assist our clients with achieving their employee health and productivity management objectives.

#### Objective

To achieve the industry gold standard ROI of 3:1 for our clients by providing best in class comprehensive wellness program design, implementation, support and evaluation.



## FLEXIBLE FIT: flexible solutions for your health & productivity management needs

### Wellness Onsite

*Emphasize a culture of health within your organization and engage your employees!*

#### WELLNESS CHAMPIONS

Critical to the success of your health and productivity efforts, these key employees are influencers. We'll help you identify and motivate them to support your organizational objectives.

#### WELL LIFESTYLE SEMINARS

These 30-60 minute educational sessions help instill a culture of wellness throughout your organization. Led by topic experts we provide sessions in the areas your employees need it most (exercise, nutrition, resiliency, relationships, finances and more!)

#### SPECIAL EVENTS

Health observance days, onsite screenings, team challenges and health fairs are a great way to emphasize your organization's dedication to healthy living. You pick the date, time and place ~ we do the rest!

#### FITNESS ONSITE

Whether it's managing your Fitness Center, conducting meeting room exercise classes or designing "Fitness in Minutes at Your Desk" we help your employees embrace more active lifestyles.

#### COACHING ONSITE

Accessibility and accountability ~ our Coaches facilitate small group or 1:1 long lasting behavior change at your worksite. Better yet ~ we train peer coaches to facilitate and lead behavior change initiatives. (more active living ~ healthier eating ~ increased resiliency).

### Wellness Online

*Bring captivating, interactive wellness programming directly to your employees.*

#### MOTIVATION

A one stop health and productivity resource. This interactive online platform engages participants with healthy living resources from dynamic goal setting, trackers, calculators, social support, to online challenges. Participation is tied directly to incentive points and **on-line coaching is available**. Completely customizable including your brand. We take care of set-up, configuration, administration and support (dedicated email and phone number so your employees can get the help they need when they need it!)

#### HEALTH RISK ASSESSMENT

The University of Michigan (HRA) is integrated into Motivation giving you the aggregate information you need to select the interventions that will fast track your organization toward its health and productivity goals.

#### EMPLOYER DASHBOARD

Motivation provides on-demand reporting putting you in control of your health and productivity decisions.

### Wellness By Phone

#### TELEPHONIC COACHING

We understand the challenges of changing behavior. Our Coaching program is integrated into our online platform and supported by phone. We focus on keeping healthy employees healthy and assisting at risk employees with making needed behavior changes. Based on their readiness to change we are there when they're ready!

### REAL ENGAGEMENT

We know that no two people or organizations are the same - so a "one size fits all" approach to engagement just doesn't make sense. That's why we offer a diverse selection of targeted interventions customized to your population's needs.

### REAL RESULTS

Evidence-based health and productivity solutions increase your employees' vitality and productivity while enhancing your bottom line!

### REAL-TIME INFORMATION

*WE BELIEVE THAT YOU CAN'T CHANGE WHAT YOU CAN'T MEASURE*, so the foundation of all of our programs is our assessment process.

We'll assess both your organization and your employees for readiness to change. We'll evaluate your environment, along with your health risks, cost drivers, health needs and interests through a combination of onsite and online assessments. With a complete portrait of your organization's needs and budget we develop your customized health and productivity management plan and evaluate it continuously. Our Employer Dashboard gives real-time information so you can make decisions when you need to - no need to wait for an annual report.

### REAL PEOPLE

*WE ARE IN THE BUSINESS OF CHANGING BEHAVIOR*

Creating engaged vital and productive employees is the direct result of implementing effective behavior change strategies, facilitated by real people. Our certified professional staff are trained in cognitive behavioral change techniques, so whether they are leading a seminar, exercise class or coaching session onsite, online or on the phone they are experts at facilitating lasting behavior change - Your bottom line will reflect the difference!