



Resources Include *

For every employee / family

- Battling Germs & Infections — Prevention & Control – at work, home & elsewhere (20 page guide)
- Online Battling Germs & Infections command center – includes interactive version of guide (with key updates throughout the year), e-learning lessons, links to URAC-accredited medical databases and the CDC, messaging abilities and more.

Distribution Options

At the worksite

- Meetings – HR, health, safety, other
- Benefit enrollment supplement
- Flu shot promotion supplement
- Provide at health fair & flu shot events
- Mail boxes & inter-office mail
- Institute days (schools, colleges)
- Training programs, workshops, seminars

Direct to the home and family

- Direct mail to the homes
- e-Learning & other resources

Other Tactical Support Options

Other Online Centers & Tools

- Web Tools – e.g., electronic health record with archived screening & HRA data, e-learning and rewards systems with compliance admin tools

Self-Care Books & Posters

- Worksite posters to promote germ control.
- Healthwise® Handbook – world's leading self-care book to help guide decisions about symptoms and illnesses.

Screening & Immunization Support

- Wellness Screenings and HRAs that include key risks and actions to improve germ resistance.
- Worksite immunizations – flu, pneumonia.
- Immunization coverage options for remote employees and those missing worksite events.

Call for details and rates.



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Battling Germs & Infections

Germ Control 101

Each year, germs and infections expose employers, employees, families, health plans and their members to needless risks and costs – with predictable annual spikes.

Spikes to consider – each year:

- Colds, flu, pneumonia and strep throat peak Sept thru March in North America.
- 5% to 20% of the population get the flu.
- In the U.S., over 200,000 people are hospitalized due to the flu; and
- About 36,000 people die from the flu – at-risk are older adults, children and people with certain conditions.
- Any flu can be followed by pneumonia.
- Complications can follow strep infections.
- Warm seasons – Lyme disease, West Nile...
- Emergent viruses – e.g., bird or H1N1 flu

Key examples of preventable infections and costs – many on the rise in most populations:

Influenza @ work, home, school, travels...

- 3-7 (or more) days absent from work for EACH employee (or child) with the flu
- Related lost productivity & lost wages
- Replacement costs – e.g., substitutes, resource staff, temps

Children through College & Adults

- Colds, pneumonia, mono, strep throat...
- After strep – encephalitis & meningitis risk
- CA-MRSA, hepatitis, HIV & other

Infections from Health Care

- Infections via hospitals, surgi-centers...
- Antibiotic resistant infections – e.g., MRSA
- Length of stay & costs = 3+ times the average
- PLUS: Other complications & costs

Other Infections – many catastrophic

- Lyme Disease & West Nile Virus
- Flesh Eating Disease (GAS)
- Blood-borne pathogens
- Infections affecting pregnancies
- Pet/animal-related – psitacosis, rabies, toxoplasmosis, campylobacter...
- Foreign travel – food poisoning, mad cow disease (CJv), bird or swine flu, malaria, cholera...

Some key root-causes / considerations to control the risks and costs:

- 88% of infections are spread from one person to another by unwashed hands.
- On average 91% of adults say they wash their hands after using public restrooms, however just 83% were observed doing it.
- The average desk harbors 400 times more bacteria than the average toilet seat.
- Annual flu shots only address 3-4 strains of the flu predicted for that year.
- On average, LESS than 50% of employees get a flu shot each year; and
- Many adults are not up-to-date on pneumonia, hepatitis, shingles or other recommended vaccines.
- Food poisoning (e. coli, salmonella) is often mistaken as the flu.
- Some sick employees do not stay home (when needed) or go back to work too soon, spreading germs and infections to others (e.g., flu, colds, pneumonia).
- Antibiotics prescribed or taken inappropriately increase the risk getting and spreading antibiotic resistant bacteria.
- Certain foods, nutrients, oral hygiene, sleep and other choices can affect the immune system and germ resistance in positive or negative ways.

Use Battling Germs & Infections to help:

- Improve the key know-how and actions of every employee and family to better avoid, prevent and control over 25 costly infectious diseases and conditions.
- Improve flu shot, pneumonia and other relevant immunization rates.
- Improve the overall germ resistance and well-being of the workforce and families.
- Reduce overall infection rate (case) trends, complications, related health care, absenteeism, other costs and lost lives.
- Mitigate annual rates of increase in health benefit costs attributable to infections that can be better prevented and/or managed.