

Guidelines, Tips & Tools for Life

Early Detection 101



Materials Include *

- For every employee / family
- Early Detection Tips & Tools Guide and Organizer, 4th Edition
- DVD w/ Main Program & 18 Bonus Chapters
- BodyStats Wallet-Card
- Instructional Bookmark (skin cancer)
- Are You Healthy? Reminder & Records Form
- Web Tools – early detection center, e-learning...
- Program Evaluation

Distribution / Training Options *

- At the worksite
- 30-60 minute programs by HPN trainers
- Train-the-trainer, empowering your trainers to deliver the resources effectively
- New hire support kits & e-Learning
- Direct to the home and family
- Direct mail to the homes
- DVD, e-Learning & other resources

* Customization Options

- Are You Healthy? Reminder is the most cost-effective way to reinforce & promote group-specific support resources – e.g., worksite screenings, 800#s, web site – available via the employer & health plan
- Guide & DVD – can also be customized
- To maximize early detection results, add:
 - Reinforcing newsletter articles, posters... to enhance awareness and use of the resources early detection tools/resources
 - Health/Wellness Screenings at work
 - Health Power Profile risk assessment
 - Online Decision Support

See related summaries.

Though over 80% of surveyed employees want help to detect problems earlier, most have received no formal training nor updated resources to assist them.

Core Early Detection resources are strategically designed to help improve how early health problems are detected and appropriately handled by empowering employees with the most recent guidelines, skills and resources.

These Early Detection tools provide updated guidelines for early detection on a daily, monthly and every 1-5 year basis. By using these tools, employees and their families can detect problems earlier and get better results – via improvements in screenings, record-keeping, doctor-patient communications and appropriate use of all resources available through work, benefits, health care and community.

Core Early Detection products and services include:

- The Early Detection Tips & Tools Guide, DVD, Instructional Bookmark, Wallet Cards, Reminders and Tumor Detection Tools for every employee and family
- Worksite trainers, train-the-trainer and mail options
- Online center (tool button) with e-Learning, medical databases and other tools for better early detection and follow-up
- Support for strategy development, customization, delivery and evaluation

Features & Benefits

Self Care 101 training & resources empower and help employees and families at multiple levels with:

- Developing an early detection plan for each family member
- Reinforcement of risks and risk assessment in an early detection plan
- Updated early detection guidelines for every day, month and 1-5 years
- Recommended risk-based screenings – self-exams, worksite, doctor's office
- Strong emphasis on when to act and best use of available resources
- Reinforcement of self-care books, medical web sites and available benefits
- Supplemental reminders, skill development and record-keeping tools

Results & Returns

With these Early Detection components, your organization can:

- Help employees and family members improve the quality of early detection at home, the worksite and doctor's office, appropriate follow-up and related use of benefits, screenings, HRAs and other available resources
- Lower health care costs by detecting and treating health problems earlier, improving related outcomes (e.g. decreased incidence and severity of catastrophic cases), and by reducing inappropriate screenings and follow-up
- Realize additional savings through improved participation rates in worksite screenings and HRAs – costing 50% less than at the doctors office or hospital

Risks & Exposures Each Year ...

In most populations, over 60% of adults are not meeting recommended early detection guidelines.

Delays in detecting and treating health problems results in human and economic losses – more health problems that escalate into greater severity, treatment intensity, poor medical outcomes &/or catastrophic costs.

And, inappropriate testing can result in unnecessary worry, risks, health care, expenses &/or loss of life.



119 West Vallette
Elmhurst, Illinois 60126

630.941.9030 • Direct
630.941.9064 • Fax

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Making a Difference*

hpn.com