

A Guide to Living Well In Today's World

Prevention 101



Resources Include *

- For every employee / family
- Prevention Update Guide – key insights for health & well-being of adults & children
- DVD – Stacking the Deck with Nia Vardalos
- WellAssured® Guide to Healthy Living
- The Asset Approach: Elements of Healthy Development
- Home Checklist & Reminder: Top Tips & Resources for Health & Well-Being
- Web Tools – prevention 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

- Home Checklist & Reminder – is the most cost-effective way to reinforce & promote group-specific support resources – e.g., EAP, nurse line, health coach 800#s & web site(s) available via the employer & health plan
- Guide & DVD – can also be customized
- Worksite Lending Library resources:
 - DVDs – Body Worlds, RealAge® ...
 - Books – You, the Owner's Manual...
 - Others listed on p.12 of Prevention Update
- Other Support as needed – e.g., health screenings, HRAs, health coaching, incentive programs, supplemental training initiatives...

See related summaries.



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Making a Difference*

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Most people know that many health problems can be prevented but, learning about the scope of problems and their costs can be stunning. Motivation and action can increase as people explore what health and well-being really are AND learn more about the personal influence, tactics and benefits each person has for improving it.

Without effective training or tools, risks can go unchecked. Existing risks remain or get worse. Those without risks, often develop risks. New risks may affect some, or everyone.

Prevention Update is designed to help employees and their families discover powerful insights, tips and motivations to improve personal choices – actions that can help to prevent many problems, improve quality of life, add years to life, save money (for other goals) and feel better each day.

Core Prevention Update resources include:

- Prevention Update – A Guide to Living Well in Today's World with the Stacking the Deck DVD (starring Nia Vardalos of My Big Fat Greek Wedding).
- Additional booklets with more details for adults (Guide to Healthy Living) and children (The Asset Approach).
- Group-specific home checklist and resource reminder.
- Worksite trainers, train-the-trainer and mail options.
- Support for strategy development, customization, implementation and evaluation.

Features & Benefits

Prevention Update resources and training empower employees and families to:

- Discover different dimensions of health, what influences them and the ripple effects of choices.
- Improve quality of life and other areas of well-being.
- Get key updates, tips and tools for improving nutrition, fitness, weight, emotional and social health, heart health, cancer prevention, home safety and more.
- Learn 40 powerful ways to help children improve health and success in school.
- Improve use of key resources available through the employer and health plan.
- Avoid financial and other losses – through better health, safety and prevention.

Results & Returns

With Prevention Update initiatives your organization can:

- Help employees and family members: improve health and quality of life; PLUS reduce many personal risks, illnesses, injuries, disabilities, other tragedies and related expenses, missed work (absenteeism) and loss of income.
- Reduce current and future losses through better risk management and wellness.
- Realize added savings via improved quality of health, well-being and prevention.
- Conserve health care funds by avoiding many health problems related costs – to free up dollars for needed care and to mitigate future rate increases.

Risks & Exposures Each Year ...

Many people die tragically BEFORE their time due to:

- Heart disease & strokes
- Diabetes
- Cancers
- Motor vehicle injuries
- Other accidents
- Infections
- Homicide & suicide

... many of which could have been prevented.

Personal choices influence the above between 23-70% (varies by problem).

And, many more people do not die, but are injured, disabled &/or incur major financial and other costs.

Many people eat poorly and are less fit – increasing weight and risks for diabetes, heart attacks, certain cancers, injuries and other problems.

Children with fewer of 40 key factors in their life tend to: have higher rates of alcohol use, violence, illicit drug use, sexual activity – and – get lower grades in school.

The opposite happens as key factors increase.