



**Working Together
Making a Difference
Since 1983**

*Employers • Unions • Health Plans
Hospitals • Partners & Networks*

Get Greater Results in Wellness & Beyond...



**For rapid, sustained cost control and savings,
the right approach to population health is essential.**

More than wellness is required for results within the first year and each subsequent year.

HPN empowers those we serve with the knowledge, skills and support to improve the use and quality of health care, cost control, wellbeing and other results, benefiting all involved.

Your goals are our goals



Risks, Losses and Opportunities that Shape Solutions

- Up to 98,000 people die from medical errors in U.S. hospitals – AND – over 100,000 people die each year from medication errors. Many more are affected by needless complications, pain, suffering, disabilities and expense due to errors and other poor quality care.
- Over 60% of adults do not practice the recommended early detection guidelines.
- 136.1 million people visited emergency rooms in 2009; up from 103 million in 1998.
- Every year, an estimated 5-30% of health care dollars result from avoidable medical errors, misdiagnosis, complications, delays in care and other poor quality care.
- The influence of choices on the top 10 causes of death ranges 23-70%.
- Over 90% of employees want assistance to avoid medical errors, get good health care, improve early detection and medical outcomes, and avoid needless risks and costs.

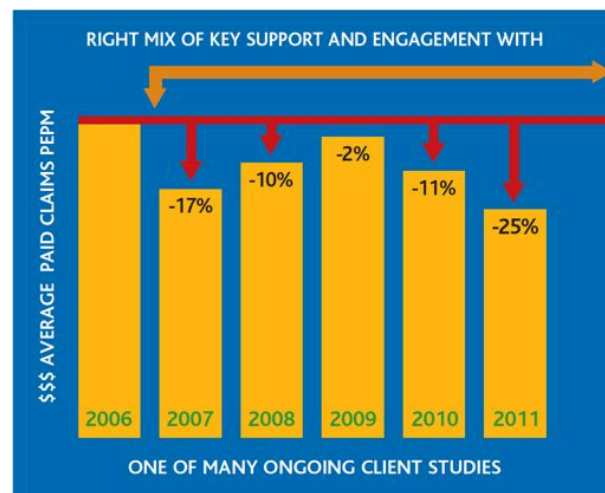
The Right approach will make a difference!

At HPN our approach includes and goes beyond wellness. We initially focus on empowering people with the knowledge, skills, tools and actions needed to improve their use and quality of care, then shift toward those that will lead to better early detection, prevention and health.

We give organizations and leaders the support they need to successfully implement and administer their health promotion and wellness programs.

This approach leads to rapid and lasting health cost control, as well as healthier people, greater productivity and bottom-lines.

With HPN...
Success & Results
Add Up



Benefit from Proven Support *with* HPN

We offer a variety of support to help organizations and their employees reduce costs and improve financial health without cost shifting. We do this through better health care and wellbeing. All of these support resources are interconnected.

You can use an individual service or many collectively to maximize the speed and scope of results. We work with you to find the right mix to best reach your health benefit and wellness goals. All of our support can be customized to meet your needs.



Core Trainings & Tool Kits

A key to rapid results is everyone improving their use the health care system and the other actions needed for better early detection, prevention and improved health. Savings from the better use and quality of care begin the first year and continue from these and other better trends.

These 5 trainings and tool kits can help you JUMP-START population-wide improvements in core skills and actions that lead to immediate widespread cost savings.

HANDLING HEALTH PROBLEMS BETTER THAN EVER

This training helps improve confidence with decisions about when to see a doctor and self-care. This leads to fewer unnecessary visits to the doctors and emergency rooms, earlier visits for problems needing care and up-to-date quality care at home. Decision tools include the award-winning Healthwise® Handbook with guidelines on when to call a doctor, home treatment and prevention of over 200 common health problems. Also included is a Health Problem Worksheet, Ask-the-Doctor checklist, wallet cards, instructional bookmark and a DVD.



GETTING GOOD SAFE HEALTH CARE – SURVIVAL GUIDE

What can each person do to prevent medical errors, complications and avoid other needless health care related risks and costs? This program is all about learning what actions are required to avoid poor quality care and get good quality care, better outcomes and the related benefits and savings. It includes an easy-to-use guidebook, checklists, wallet cards and DVD.



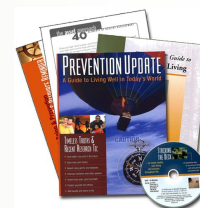
EARLY DETECTION TIPS AND TOOLS FOR LIFE

Monitoring the right things each day, month and year can result in many good things from better prevention to earlier, more successful and less costly handling of health problems, which is the focus of this training. It includes an easy-to-read guide, reminder poster and DVD. This program can help improve self-exams, participation in screenings, risk assessments and preventive care.



PREVENTION UPDATE – A GUIDE TO LIVING WELL IN TODAY’S WORLD

Helping people understand the key dimensions of health, quality of life, and how their actions can influence risks will help them achieve their personal goals. This training, guide, chart and DVD share updates on 100 top actions that can help achieve many personal goals for health and wellbeing – from less illness, accidents, injuries...to greater resilience, quality and years of life.



BATTLING GERMS AND INFECTIONS

Infections can lead to missed work, lost wages and further complications including disabilities and death. These are all costly consequences. The right actions can help to prevent and resist them. This guide includes facts and tips to break the chain of infections at work, home and elsewhere. It helps people learn how to prevent and reduce the spread of over 25 common infectious diseases and conditions – improving overall germ resistance and infection fighting abilities.



— Did you know? —

All trainings and tools are easily customized. For each topic, 60 minutes is ideal for a trainer-lead program with any size group. You can use HPN's trainers or we can train yours. The Wellness Management System has many e-lessons, medical databases and decision tools in each of these areas. We have other trainings on stress and resilience, heart health, weight control, financial management, and other topics.

Wellness Management System



This comprehensive and flexible web-based technology suite enables each organization to fully administer their population health and wellness benefits and initiatives in one place.

It has evolved over 20 years to benefit employees, families, administrators and clinical support staff providing coaching and other outreach. The single site login capabilities with other HIPAA BAs add to the tools, convenience and benefits listed below. It's HIPAA, HITECH and GINA-compliant. Tailored access to content and tools by login and eligibility privileges allows for content to vary for full-time, new hires, worksites and/or other groupings needed.

FOR EMPLOYEES & FAMILIES

- 24/365 access to URAC-accredited health and medical decision content and tools including the award-winning Healthwise® Knowledgebase
- Access to over 600 eLearning lessons on prevention, disease management, tests, treatments and other health, care and wellbeing topics
- Health centers and smart decision tools on over 160 elective health care decisions
- Access to their HRA/screening results, incentive/reward tracking and other tools

FOR ADMINISTRATORS

- Custom Portals branded to your organization, benefits and programs
- Secure HIPAA-compliant data warehouse to store and analyze your group's PHI, biometric screening, HRA, claims, incentive compliance and survey data.
- Options to integrate with existing EAP, network, other benefits, forms and links
- Abilities to create tailored incentive programs, track compliance and reminder options
- Real-time administrative reporting, event scheduling and other tools
- Aggregate reporting options

FOR CLINICAL SUPPORT

- Data analytics for targeted communications, coaching and other clinical outreach
- Secure messaging, options to assign eLearning lessons and schedule appointments
- All clinical access is HIPAA and HITECH compliant

This online system is extremely flexible and customizable. It can simplify your administrative functions, communications and reporting. It provides secure access to PHI, incentive programs, forms and benefit information. It provides access to updated learning and decision tools and resources. It helps administrators and clinical staff track and monitor their programs to ensure compliance and optimal results.

KEY BENEFITS

- Improved decision making in personal health and health care
- Improved use of health care, benefits, EAP and other resources
- Enhanced compliance tracking and data analysis
- Improved communications, integration, administration and reporting
- Better cost control, efficiencies, savings and other results

Health Risk Assessments



Health Risk Assessments are vital for prevention of illnesses and injuries each year. The Health Power HRA assesses over 65 actions, conditions and other risk measures. It takes 5-10 minutes to complete via online, paper and mobile app options.

Personal reports can include screening results and they are upbeat, educational and improve actions to reach many personal goals. Online reports link to more improvement tools and resources.

In-depth group reports help with planning, outreach and tracking success. Customization options include logos, key phone numbers, report designs, branding, adding questions, mailing and other options.

Wellness Screenings & Immunizations



Our *PowerUp* wellness screenings help people to measure their health in over 100 ways – helping them to monitor wellbeing, risks and changes that can be improved or may require follow-up. The earlier detection and follow-up can help reduce the incidence and severity of catastrophic health problems and related costs.

These screenings can be offered at work, at home or at the doctor's office. Access results online within 3-5 days and receive printed reports shortly after. There are no minimums and no charges for travel.

Immunization rates can be improved by offering certain vaccines during worksite screenings and through other options tailored to your group.

Health Coaching



Health coaches can help people meet their goals for better health and wellbeing earlier and more successfully. Coaches can be used for self-referrals or proactive outreach after a wellness screening and HRA. They can help people reduce the risks of preventable problems, claims and other expenses through caring encouragement and empowerment. Coaching options are tailored for every client.

Incentive Programs



The right incentives can help accelerate widespread adoption of key actions that result in better health, care and bottom-lines. Our 29 years of experience and research offers you incentive program insights and options that yield high engagement rates and immediate cost-reduction impacts. Each incentive program is customized for every client. Administration and success is easy through the Wellness Management System, through our communications support and by your insights on what best fits your organizational needs, abilities and culture.

Communications

Strategic communications is crucial to better understanding, engagement and results. Add HPN writers and designers to your team for customized:

- Booklets, posters and forms
- Newsletters, articles and inserts
- Launch communications – brochures, streaming media and more
- Online communications – web, email and secure messaging

All of these can help reach employees and families with valued news, information and reminders that help foster a caring culture and better results.



Key Expertise & Support

Strategic Planning, Research & Consulting

HPN's team of masters and doctorate level staff can help in the design and/or ongoing improvement process of health and wellness strategies, components and benefits that will yield the best outcomes. Research and expertise spans health-related policy and benefit design – including incentive programs that help ensure achieving your engagement, cost control and other goals.

Evaluation Strategy, Tools & Support

Our evaluation experts, robust metrics, tools, analytics and support can help you strategically plan, document and optimize the annual targeting, processes, impacts and outcomes of your strategy and programs.

Training Solutions

Tap into the talents of HPN's staff experienced in health and benefits education for tailored presentations, programs, e-learning, DVDs, streaming media and program delivery to help you reach your goals.



Preventive Care

Nationally only 11-17% of adults use preventive care benefits each year. This trend persists even when co-pays are waived for preventive care. HPN can help improve the trend. HPN clients see targeted preventive care skyrocket to 70-100% of adults.

What HPN support helps achieve these higher numbers and results?

- Annual wellness screenings and HRA's
- Employee-wide core trainings and tools in:
 - Early detection – reinforcing daily, monthly and other tips
 - Battling germs and infections – reinforcing vaccines
 - Handling health problems better – with updated guidelines
- Targeted e-lessons and other tools on early detection, elective tests and other preventive care decisions
- Newsletter articles on primary care, early detection and immunizations
- Incentives that reward key types of preventive care
- Strategically sequenced reminders
- Preventive care provider networks with better value, results and benefits

As our clients see more people get the right preventive care each year, they see lower paid claims – especially fewer and less severe large claim cases.



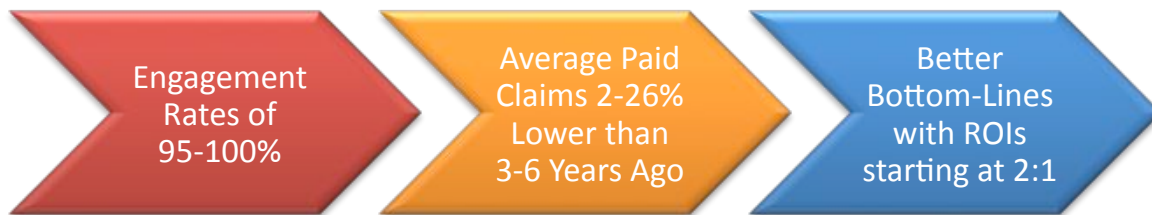
Working together *can* make a difference

HPN support results in...

- Fewer unnecessary trips to doctors and emergency rooms
- Detecting health problems earlier and handling them better before they become serious and costly
- Making prudent effective diagnosis and treatment decisions
- Improved prevention, health status and resilience
- Avoiding needless medical errors, complications, other poor quality care AND avoiding the related human suffering, deaths and added costs each year
- Reducing absenteeism and other impairments and threats to optimal productivity
- Fewer and less severe catastrophic cases, and lower risks for illnesses and injuries in current and future years
- Lower average paid claims and out-of-pocket expenses



Together, we'll see better results



HPN is right for you *because*

- *Population Health* is our only business – through better health, care, healing and wellbeing
- You capitalize on our experience and insights working with over 1,000 groups
- You can benefit from our 29 years of research, results and innovation
- Our ongoing research and improvements help everyone to optimize results and success
- We believe that each client should have their solution integrated and tailored to meet their needs



For more info:

- visit hpn.com
- call 630.941.9030