



Overview

Elmbrook Schools is committed to offering support and benefits that create the happiest, healthiest workforce. By providing the right care; at the right time; with the right outcome; at the right price, employees and their family members can enjoy a long, healthy and active lifestyle. To assist with this journey, we are encouraging Elmbrook HealthMates, a confidential health and wellness program.

Elmbrook HealthMates is a new Elmbrook Schools initiative in partnership with healthIO, a health tech company focused on prevention & management of chronic conditions and overall health & wellness, and Milliman, one of the largest actuarial firms in the world. Using simple health devices and software, the program seeks to revolutionize healthcare by changing the approach from “sick care” to preventive “health care.” The goal is to improve your overall health and prevent adverse medical events.

Advantages

Within the Elmbrook HealthMates program, you will see many advantages:

- Better overall health and wellness, increasing the potential to reduce medical expenditures
- Lifelong healthy habits, with the ability to avoid and manage chronic health conditions
- Ability to better manage chronic health conditions
- More involvement and deeper understanding of your personal health
- Healthy engagement with friends and family members
- Involvement in a revolutionary change to the healthcare industry

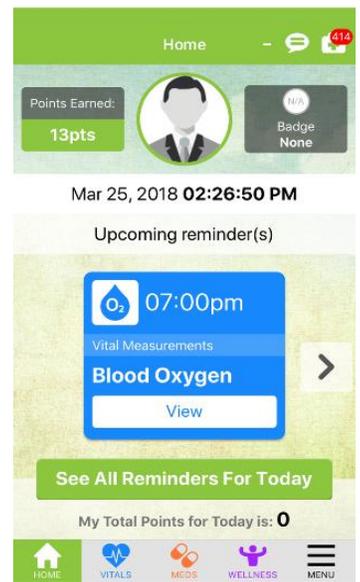
Devices



Through the Wellness Center, the Elmbrook HealthMates program will provide user-friendly devices at no cost to the health plan participant as a part of the voluntary program. Along with the kit, that contains a Smart Scale, Blood Pressure Monitor, Pulse Oximeter and Glucometer that pair seamlessly with your smart phone, the welcome packet includes links to the start-up guide, an overview to understanding your vitals and more. With Wellness Center staff, you will determine your confidential personal plan and goals based on your Health Risk Assessment results.

App/Software

You will manage all aspects of the Elmbrook HealthMates program using the healthIO app, which is free to download from the App or Google Play stores. Once you customize the app to suit your specific needs, it will provide reminders on upcoming measurements and activities and record the vitals data from the devices. You can review progress through easy-to-use charts. One of the main features is the ability to set-up one or more 'advocates' (e.g., spouse, parent, adult child, sibling or friend) who can help you stay motivated and accountable to meet your health goals.



Incentives

Within the Elmbrook HealthMates program are positive incentives to keep you on track, rewarding you for following your personal plan, showing progress and sticking to your wellness plan. Incentives and will be defined within the program materials to include gift cards, drawings and other coveted rewards to be awarded to participants through the Wellness Center upon reaching milestones. By becoming an Elmbrook HealthMates participant, you will receive incentives along the way, but more importantly, you will be rewarded with motivation, support and data to help you make your health the best it can be!

Confidentiality

A common question may be how personal data will be kept confidential. Every measure has been taken to assure that your data is private and safe. Confidentiality and security of your health data is always paramount, and all the necessary steps have been taken to ensure that the data is protected and compliant with HIPAA regulations. Wellness Center staff may identify a patient participant by name, while Milliman will assign a control number for aggregated data collection and program success evaluation. It is important to note that Elmbrook Schools will not know of your participation, your vitals, goals, advocate support network selection, nor participants' adherence in the program.

Learn More

- During 2020, the Elmbrook HealthMates program will be piloted in conjunction with the Health Risk Assessment follow-up visits through the Family Wellness Center.
- A team of employees, including Administrative Cabinet, Wellness Champions and the Benefits Advisory Team will be encouraged to participate in the confidential program allowing for ongoing feedback and discussion.
- To learn more about this program, continue to watch your "Total Employee Rewards" eNews and website: elmbrookschoools.org/rewards.