

MEET OUR SPONSORS

There are so many wonderful resources in our community and so many companies that have already put together outstanding wellness programs. Gaining access to these companies to utilize them as resources and to gain access to their knowledge of wellness can be very valuable to your company's wellness program. We would like to take this opportunity to continue to highlight some of our top sponsors for our 2018 Wellness Conference and provide you with even more opportunity to get to know these companies. We asked each company to provide us with the following information:

1. What are some of your favorite components of your wellness program? Any favorite resources you use, favorite programs, etc.
2. What resources can you provide to all of the companies attending the 2018 Wellness Conference. Here are their answers! Make sure to come meet the representatives from all of these companies!!!

PLATINUM SPONSORS

NORTON

1. N Good Health continues to evolve to better meet the needs of participants, adding new resources, programs and benefits designed to maintain a positive approach to life at work and at home. We believe the personal health and well-being of our staff creates a positive wellness culture here at Norton Healthcare, which supports a healing environment for our patients. We are a holistic wellness program that offers something for everyone. Some of our participants' favorite elements of the wellness program include the fun challenges we do around physical activity and weight loss; the fitness facility discounts we offer, including our on-site Y @ Work locations and the events that give back to our community. Employees appreciate the camaraderie our wellness program creates within units and department teams. We are a big family here at Norton Healthcare, and we do our best to live our mission and practice work life balance within our own personal lives.

2. Norton Healthcare is committed to providing total health solutions for our community and business partners. Engagement in an employer-sponsored wellness program has proven to increase productivity and reduce illness/injury rates. Be Healthy At Work is a comprehensive program designed to assist employees with adopting a healthier lifestyle. Program components include:



**NORTON
HEALTHCARE**



- Biometric Screenings – Can be conducted on-site or with a primary care physician.
- Health and Wellness Portal – Easy-to-use online portal that encourages sustainable, healthy behavior changes. The portal features a personal health assessment and enables employees to track incentives and rewards for behaviors, events, positive health outcomes and other milestones.
- Wellness Workshops – Various topics available for on-site presentations or self-guided sessions via the wellness portal.
- Health Performance Reporting – To help identify areas of risk, we collect and analyze data about your employee population. We then advise on programs you can implement to address target areas.
- Lifestyle Modification – Smoking cessation, weight management and physical activity programs are available through Norton and community resources.

We also offer occupational medicine and work related injury management at four convenient locations throughout Greater Louisville. Our greatest reward is our community's health. We are proud of the people at Norton, our innovations and our progressive role in health care.

SILVER SPONSORS

ANTHEM

1. Anthem's Total Rewards theme is "Focused on You." Our well-being approach focuses on three areas: our medical plan design, our wellbeing offerings, and focused incentives to drive participation and engagement in programs we believe will modify behavior, improve outcomes and reduce costs. I appreciate Anthem's commitment to offering incentives for engagement in programs that have impact and help with lifestyle changes, like available coaching for weight management and providing onsite flu shots. Anthem also encourages social and community well-being by allowing time off for volunteer hours for your personal community involvement and Anthem sponsored community projects. Lastly, the spring walking challenges are always fun and includes competitions between offices.

2. Anthem makes it simple for you to offer your employees a wellness solution that's personalized, easy to access and affordable to implement. Based on your company's needs and priority, like keeping healthy, prevention, or managing conditions, you can select a tailored Anthem health and wellness package. Our targeted



solutions focus on the key cost drivers that have a big impact on employers, things like weight loss, smoking cessation and early intervention.

We look at your total employee population, using data and analytics to create a powerful behavior change program that helps keep your employees healthy, productive and at work. And we can reach them wherever they are, at a time that's most convenient—at home, at work or on the go—through a wellness portal, online tools and apps.

HUMANA



1. Humana is going beyond diet and exercise to help employees enjoy a healthy life. Well-being is the ability to cope with normal stresses, work fruitfully, and realize one's potential. We're offering employees a variety of ways to earn points including sleep tracking, mediation, journaling, health coaching and more in our Go365 wellness program. Employers can develop their own activities and challenges to support the overall health of their employees and help them earn additional points in Go365. Recently, our department had a "Random Act of Kindness" Month and challenged employees to do one kind thing each day. It's amazing how your mood changes when you do one thing nice for someone else! Making small changes and reframing our attitude by thinking of others improved our morale and brought us together as a team.

2. Make the healthy choice the easy choice! We can help you reward your employees for making healthy decisions. Go365 is a comprehensive wellness and loyalty program that puts employees in the driver's seat to a healthier lifestyle—and more. The program offers consumers a simple and fun way to integrate healthy behaviors into their everyday lives, while simultaneously reducing their long-term health care costs.

Life made easier! Humana's Employee Assistance Program (EAP) and Work-Life Services can help your organization create an engaged and loyal workforce. Our integrated services address a wide range of employee effectiveness issues and can help your company increase productivity, improve employee retention, reduce absenteeism, and improve overall morale, which ultimately improves the bottom line.

MUSSELMAN HOTELS



1. Musselman Hotels truly cares about their associates and Wellness is a part of our culture. The owners and upper management want to help each and every associate be their best and live a healthy life. Our associates are very engaged in the Musselman Wellness Program and look forward to the biometric screenings each January. Musselman Hotels take pride in giving back to the community by volunteering on a quarterly basis and each hotel chooses the charity that speaks to them. Musselman Hotels adopted their own version of the “Olympics” in 2016 and each of the locations are quite competitive during our annual Olympics. The associates look forward to not only winning overall “super fabulous prizes” and medals but also bettering their time from the previous year and earning bragging rights. Did we mention that at Musselman Hotels , we are quite competitive?

2. Musselman Hotels is a locally owned and operated hotel management company. We currently have 11 hotels with 5 hotels in the Louisville area including the “grand hotel” downtown - Seelbach Hilton. We are excited to be opening a new Residence Inn near Oxmoor Mall this summer. We offer guest rooms as well as meeting space for large and small groups. To learn more about how Musselman Hotels can help you and your business, go to www.musselmanhotels.com and like us on Facebook.