

(ns)

# UNTAPPED BENEFITS

**5 under-the-radar health “hacks”  
that keep your people well and  
your culture strong**

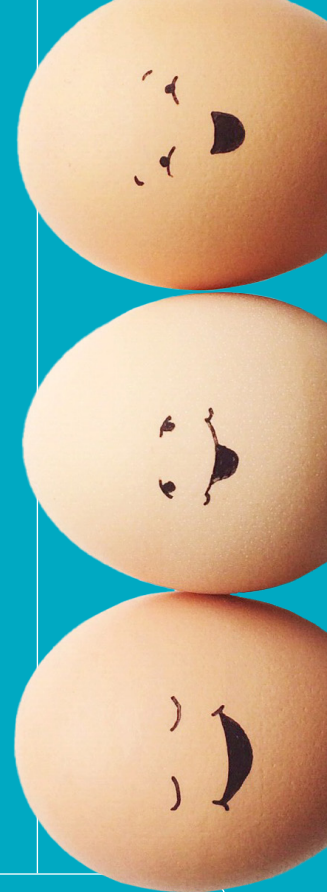


A lot of people don't go looking for help until something goes wrong. As the saying goes, "If it's not broken, don't fix it." This means that many people may not explore or take advantage of the full range of benefits and resources they have at their disposal through their health insurance plan.

That is, until something happens in their lives that creates a need. And today, there are a lot of things going on that are creating a lot of new needs – especially when it comes to supporting mental, emotional, and physical wellbeing.

No one wants to scramble to find help. Many times, when a large stressor or personal catastrophe happens, it creates a need, and then sends people hunting for benefits that help fill the gap and heal the hurt. But it doesn't have to be that way.

We're uncovering a short list of the most underutilized health benefits so you can help your employees/members now, more than ever.



1

#### Telehealth and Virtual Care

Social distancing and shelter-in-place orders may have brought this benefit to light, but the truth is that virtual care was already around. Telehealth and virtual care services allow employees and members to speak with a healthcare professional remotely from the comfort of their own home, through a computer or phone. Additional benefits of virtual care are short wait times and on-demand services at the click of a button.

Even in the midst of quarantine and chaos, Naturally Slim (NS) program participants reported significant improvements in physical activity, confidence, mood, energy, and sleep.

2

#### Digital Nutrition and Weight Management Services

Excess body fat, high blood sugar, and abnormal cholesterol levels, among other health concerns, all increase the risk of chronic diseases. When a workforce has a higher volume of high-risk medical conditions, it's not only costly to each individual's quality of life. It costs the company in terms of employee/member satisfaction, lost productivity, and more.

Mindful eating and weight-management programs (like NS) tend to be lesser-known programs that work wonders for keeping people healthy, happy, and engaged. Plus, letting them know you care about their health is a great way to strengthen company culture and engagement.

“

*"I believe in the saying that goes 'health is wealth.' In order for me to perform well or be productive at work, I must be healthy. I am so thankful to our company for offering me the Naturally Slim program."*

- NS Participant

”

3

### Discounted Fitness Memberships

Studies show that people who exercise often are healthier and maintain a better physical condition. Exercise also reduces stress and is especially beneficial for employees and is members experiencing anxiety during difficult times. Giving them discounted access to fitness memberships – whether it's a physical gym, virtual program, or outdoor fitness group – encourages regular exercise and helps reduce the higher costs associated with high-risk medical conditions like heart disease and diabetes.

4

### Employee Assistance Programs

An Employee Assistance Program (EAP) provides a range of services and resources to address personal concerns that interfere with wellbeing and work performance. They're one of several ways you can help your population continue working and maintain productivity during difficult times.

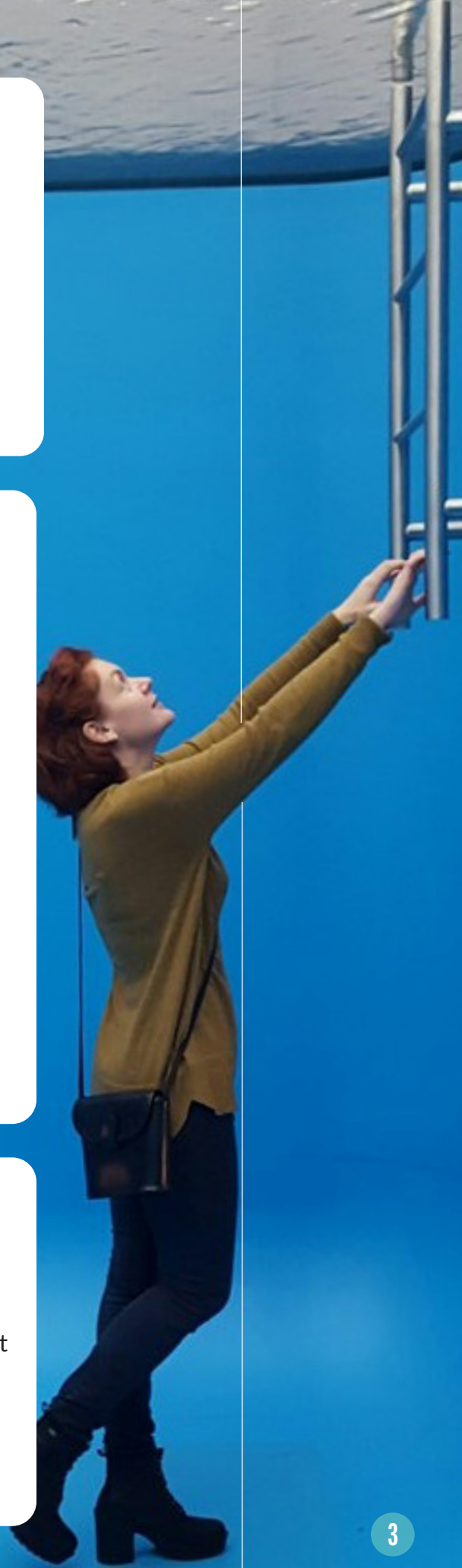
EAPs traditionally assist individuals with problems like addiction and substance abuse, and most now cover a broad range of issues like child or elder care, stress, grief, family matters, financial or legal issues, relationship challenges, and psychological disorders.

EAP counselors can also work with managers and supervisors to address organizational challenges. Plus, many EAPs are available to help organizations prevent and cope with workplace violence, trauma, and other emergency response situations.

5

### 24/7 Nurse Lines

When you have questions about your health, you may not always know where to start. Instead of waiting and worrying, employees and members can call 24/7 nurse hotlines staffed by experienced nurses who can give helpful information and help make decisions about what to do next. This benefit eliminates the hassle of having to find an in-network provider, scheduling an in-person appointment, and missing work time, especially if the question or issue can be resolved over the phone.





# Help your people help themselves.

If you're surprised by any of these resources, chances are your employees or members will be, too. Here's a list of ways you can help your population take advantage of benefits like these that optimize personal and organizational wellness:



Plan a catered lunch-and-learn gathering (in-person or virtually) where your team can come together to discover and discuss hidden benefits and how to take advantage of them.



Invite a representative from your insurance provider to host a presentation and open Q&A for the company.



Feature a wellness-oriented benefit or resource in your employee or member newsletter or internal communication platform.



Include a benefits spotlight in your organization's all-hands meetings to shed light on these kinds of resources.



Make and distribute a list of phone numbers and websites that make it easy for your employees and members to find the services they want or need.

## Don't miss out.

Don't wait until the next global catastrophe to explore and promote wellbeing benefits. You can help yourself, your employees/members, and your organization get the most out of their benefits during tough times like these and in anticipation of future challenges, too.

**Interested in how NS can help you and your business? Wondering if it's already among your covered benefits?** (Pro tip: Many carriers offer NS as a covered preventative care benefit. Plus, it can be billed as a medical claim!) We're here to help.

Email us at [learnmore@naturallyslim.com](mailto:learnmore@naturallyslim.com).