

# The Preventive Health Kit

For healthier employees — and happier lives



You want your employees to feel their best, and to live happy, healthy lives.

### **A healthier workplace starts with prevention.**

The power of preventive medicine is alive and well. Just look at the results. Routine cardiovascular exams alone save tens of thousands of adult lives each year. Among people with diabetes, blood pressure control reduces the risk of cardiovascular disease up to 50%. Preventive health screenings and primary care consultations have been found to significantly increase life expectancy, particularly among the 30- to 49-year age group.<sup>1</sup>

Prevention can also lead to major improvements in our overall economy. In fact, it's projected that, assuming modest improvements in preventing and treating disease, the U.S. could avoid 40 million cases, cut treatment costs by \$220 billion, and increase the GDP by \$900 billion by 2023.<sup>2</sup>

You want your employees to feel their best, and to live happy, healthy, disease-free lives. A healthy workforce can mean a healthy morale — and higher productivity in the workplace. You can help instill a focus on preventive care in your company. This kit will help you do it.

Source:

<sup>1</sup> [www.healthypeople.gov](http://www.healthypeople.gov), from the US Department of Health and Human Services, "Clinical Preventive Services." Accessed 12/15/15

<sup>2</sup> "Checkup Time: Chronic Disease and Wellness in America," Milken Institute, January 2014

# What's in your Preventive Health Kit?

This kit contains links to materials you can simply download and distribute. It also includes a detailed guide for creating a **Take Charge, Be Well** health challenge in your workplace, with educational tools for promoting preventive health care.

## A few points to remember:

- **Keep it simple.** All of the tools in this kit are meant to help you, and require very little time for you to manage.
- **Spread it out.** Don't distribute every email and flyer to employees at once. Stagger your messaging over several weeks or a month. You might even want to declare a "Preventive Health Month" at your company.
- **Keep it fun.** Employees really want to enjoy being healthy. So present this program as a positive, helpful experience, not a mandatory requirement. You want everybody to keep a healthy attitude!

# Start your company's *Take Charge, Be Well* health challenge!

Imagine slowing the rise of new cases of heart disease, cancer, diabetes and other chronic diseases, at your company. That's what you can help do by implementing a **Take Charge, Be Well** health challenge. It's effective, it's important, and it can also be a lot of fun! Use these helpful tools to create your company's challenge.

## step 1

Download the **program planner** to learn how to set up and manage the challenge.



## step 2

Set a date for your challenge. Before that date, hang this **poster** in your workplace or email it to your employees to promote the upcoming challenge.

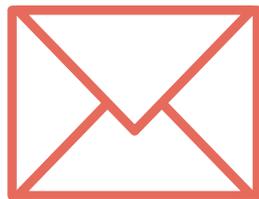




**TIP:** Stagger your communications to employees throughout the challenge to keep intergenerational health top of mind.

## step 3

Plan your communications; mark your calendar to send one **challenge email** per week. We suggest running the challenge over four weeks. Click the envelope to get all the copy you'll need, along with attachments to send to employees.



Click on the thumbnails to download each item individually.

# Download for a healthier future!

These flyers and posters are yours to share with your employees during the **Take Charge, Be Well** health challenge, or any time at all.



## Take Charge, Be Well challenge checklist

To get employees involved in the challenge, download and distribute this overview and checklist.



## Preventive exams

A list of screenings every adult should have, with details on when to have them.



## Preventive health guidelines

This booklet covers guidelines for creating a health plan for the entire family.



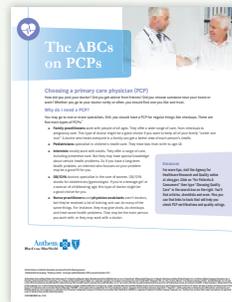
## Dental exams

A flyer that dispels myths about dental health, and sheds the light on its links to total wellness.



## Eye exams

A flyer that stresses the importance of eye exams — and what you should do to maintain your eyes' health.



## The ABCs on PCPs

An overview of the five types of primary care physicians, and helpful resources for checking their credentials.



## What to ask your doctor

A great document to review before every appointment with a doctor. Includes reminders on what information to share and what questions to ask.



## Preventing thyroid disease

A review of the symptoms of thyroid disorder, which affects about 27 million Americans.

Click on the thumbnails to download each item individually.



**LiveHealth Online**  
 With LiveHealth, employees can talk to a doctor today, tonight, anytime, 365 days a year. This flyer tells them all the services available to them through this online service.

**Baby Center**  
 If you have employees who are expecting or planning to have a baby, share these informative materials with them.

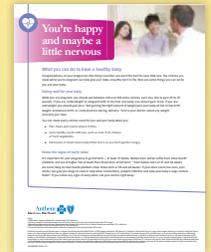


**Breast examinations & mammograms**  
 An overview of different types of breast exams, and why they're so crucial to a woman's health.



**Preventing cervical cancer**  
 A review of the risk factors, with a focus on the importance of early detection.

**Tips to have a healthy baby**  
 Preventive health starts as soon as possible with mothers-to-be. Share this helpful information with employees who may be planning a family.



**Men's health: the guys' guide to preventive health**  
 A lifesaving to-do list for men: includes a list of what preventive health screenings and tests to get at what age.



**Men's health: fine-tuning your health**  
 This flyer covers the importance and benefits of staying on top of preventive health.

**Healthy babies**  
 A review of the steps every parent should take to keep their child healthy.



**Fight the flu with good habits**  
 Six steps for staying clear of this all-to-common health issue.



**Is it a cold or the flu?**  
 Distribute this flyer so employees know the difference between the two conditions – and what to do if they have a cold or the flu.



**Future Moms**  
 If your Anthem plan includes the Future Moms program, share this flyer with your employees. It provides an overview of the program.



**Are you getting enough sleep?**  
 A review of the importance of getting enough sleep, and tips and treatments that can help make sure you're getting quality Zs.



**Sleep apnea**  
 A review of a condition that affects one in 25 Americans, with definitions of types of sleep apnea, and complications it can cause.





## Additional resources to share with employees

Whether you're implementing the **Take Charge, Be Well** health challenge, or if you'd simply like to give preventive health awareness a boost, consider sharing these resources with your employees.



### The Weight Center

This helpful resource connects employees to information on topics like fitness tips, healthy eating tips and ways to take care of your emotional health and well-being to be your very best self. To access the center, employees need to visit [anthem.com/theweightcenter](https://www.anthem.com/theweightcenter) and either register or log in to their Anthem account.



### Pedal to Health

Riding a bicycle is a terrific way for your employees to be active and have fun, ultimately keeping your company in good health. Inspired by the UCI World Cycling event, we have launched a new interactive guide to bicycling. We invite you and your employees to take a tour of the site today at [anthem.com/pedaltohealth](https://www.anthem.com/pedaltohealth).

Looking for more resources on how to promote health and wellness to your employees?

Check out **Time Well Spent!** This online employer wellness resource offers a library of health educational information and other tools you can use to build or enhance your wellness strategy.



## Apps to motivate and manage a healthy lifestyle

### Charity Miles



Pick one of nearly a dozen charities. Click whether you plan to run, walk or bike, and start moving. The app will track your distance, and the Charity Miles company will enlist sponsors to reward your chosen charity with a donation for your hard work.

[charitymiles.org](https://charitymiles.org)

### GoMeals



Using a plate graphic, this app can help you visualize how well you're meeting your daily nutrition needs. Log foods using a comprehensive database that includes more than 40,000 common foods and over 20,000 restaurant meals, view nutrition facts, and see what percentage of your current calorie intake is from carbohydrate, fat and protein.

[gomeals.com](https://gomeals.com)

### Fooducate



This app helps improve nutrition choices by providing a thorough look at the foods you eat. Search for foods or scan bar codes to get a comprehensive profile, including nutrition facts, tips and notes, a health grade, and even the percentage of other Fooducate users who like a food. Tap to get a list of healthier options or add a product to your shopping list.

[fooducate.com](https://fooducate.com)

### MedSimple



An easy way to keep track of your medications. Add prescription and over-the-counter meds, doses, and frequency as well as prescriber and pharmacy information. Set alerts to remind you to take your meds or refill a prescription, and learn about possible savings on prescription drugs.

[medsimpleapp.com](https://medsimpleapp.com)

**You want them to be well. Help them work toward that.**

A healthy workforce is important to you. It's important to us, too. That's why Anthem works with companies like yours to instill a culture of health in the workplace. This Preventive Health Kit is one way we're carrying this through. Use it, and your whole company can make a move toward better health, now, and in the years to come.



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