Boosting Your Company’s Well-Being

• Establish a 3-5 year wellness plan
• Host health and wellness events
• Encourage a healthy lifestyle
• Conduct health screenings and coaching
• Provide educational resources

How can Better You help you?

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida Inc., an Independent Licensee of the Blue Cross and Blue Shield Association.

Florida Blue has an arrangement with WebMD, an independent company, to provide health information and decision support services. Please remember that all decisions that require or pertain to independent professional medical/clinical judgment or training, or the need for medical services, are solely your responsibility and the responsibility of your Physicians and other health care Providers.

Blue Cross and Blue Shield Association (BCBSA) and local Blue Companies may receive payments from Blue365 vendors. Neither BCBSA nor any local Blue company recommends, endorses, warrants or guarantees any specific Blue365 vendor or item.
Better You worksite wellness is tailored to help you get and keep your employees healthy, which helps reduce bottom-line costs. Employee programs include:

Better You worksite wellness: The gold standard to empower you to improve employee well-being, increase productivity and decrease health care costs.

OUR SUCCESS

Companies that implement the Better You worksite wellness program have seen a reduction of nearly 87% in high risk biometric values.

Since the Better You program’s inception in 2003, our certified wellness professionals have been providing consultation and management to help drive:

- Increased employee engagement
- Decreased absenteeism
- Enhanced appreciation of benefits
- Improved awareness of health risks
- Reinforced positive health practices

OUR SUCCESS

Companies that implement the Better You worksite wellness program have seen a reduction of nearly 87% in high risk biometric values.

“Our Wellness Program has seen a steady increase in participation over the past few years. Approximately 50 percent of our company participates in the program, and the impact can be seen in lower ‘out sick’ averages. We have also seen a dramatic increase in our employee engagement through the Wellness Program.

Our success is due to our relationship with Better You and the amazing team of professionals that we are fortunate to work with on a continuous basis. Better You has been instrumental in us being recognized as one the Best Places to Work in St. Lucie County.”

Jason Hoffman
Communications Manager
Fort Pierce Utilities Authority

Better Health | Better Employees | Better Company

<table>
<thead>
<tr>
<th>Personal Health Assessment and Biometric Screenings</th>
<th>Wellness Coaching</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifestyle Improvement Programs</td>
<td>Challenges Through Games</td>
</tr>
<tr>
<td>Rewards</td>
<td>Employer Reporting</td>
</tr>
</tbody>
</table>