



KEPRO WELLNESS

Our outcome-based program focuses intensely on boosting the health of your members and the productivity of your organization.

Healthy Participants are More Productive and Use Fewer Healthcare Resources.

Most adults spend the majority of their waking hours at work. So it's the natural place to promote healthy lifestyles for your total population. Companies that adopt wellness programs reap vast benefits, especially when they choose programs like KEPRO Wellness that address specific conditions and work steadily toward desired outcomes.

These outcomes include:

- › Decreased illness and injury
- › Less absenteeism
- › Increased productivity
- › Reduced healthcare costs
- › Enhanced recruitment and retention of healthy members
- › Higher morale, self esteem, and sense of well-being with less stress

KEPRO Wellness Promotes Healthier Lifestyles with Lower Risk.

KEPRO Wellness can help you keep healthy members on track, decrease participant risk for developing chronic health conditions, or help those with chronic conditions better manage their health. Clients can private label our wellness portal and we can track participant progress toward your incentive goals. Our online programs, tools, and information are available in English and Spanish and are accessible from any device. We provide education and support for all ages to help participants adopt a healthier diet and add more activities to control their weight.

KEPRO Wellness virtual coaching targets some major healthcare cost drivers, including:

- › Weight and obesity
- › Heart disease
- › Hypertension
- › Smoking/tobacco use

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It All Starts with a Health Risk Assessment.

Our Health Risk Assessment (HRA) provided online or by phone, identifies risks and behaviors members need to change to stay healthy or better manage existing conditions. Our HRA is flexible, so you can add questions. We can also import data from existing HRAs.

Biometric Screenings Tell the True Tale.

Biometric screenings allow our experienced clinicians to identify and address health issues and risks that could later become costly chronic conditions. We provide onsite screenings, lab vouchers, or home kits to make screenings convenient for participants and economical for you. Clients can add or reduce the number of tests and the scope these tests measure.

Each participant completing an HRA and/or biometric screening receives a report showing their current health status and any steps they should take to lead healthier lives. And we call each participant to answer any questions, as well as recommend KEPRO Wellness tools and classes that will improve their overall lifestyles.

Personalized and Engaging Programs Fit Each Member's Needs.

KEPRO Wellness tools and learning modules let members create customized programs to better manage their own health. And our outcome-based strategy helps them avoid more serious conditions in the future. Completing each step creates momentum and empowers them to continue until they have changed unhealthy behaviors and can maintain healthy choices.

Here's the best part: participants can access the programs anytime, anywhere on mobile devices. Personalized programs, menus, tracking tools, and activities are all in one place. We also send congratulatory messages when members reach key goals, plus preventive reminders, such as flu immunizations and prostate exams. They can also share successes on social media.



Reaching More Members by Phone is an Option.

KEPRO Wellness also offers optional telephone health coaching. We reach out to all participants, with extra support for those at risk of developing costly conditions. Our coaches educate participants on principles of behavior change so that they make lifelong commitments to healthy living. Participants can even schedule coaching sessions from their *My Wellness* home page and keep track of those and other appointments on their calendars.



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We Monitor Your Population for Maximum Efficiency.

Our comprehensive reports provide aggregate data about the risks your population faces and the healthy lifestyle changes they are making.

The information includes:

- > Aggregate health risk assessment and biometric results
- > Achievement of program goals
- > Incentive tracking
- > Participation rates
- > Member satisfaction

Spot the Trends ASAP to Boost Your ROI.

In our population trend report, we identify key healthcare risks. You can use that data to enhance your benefits programs and care management offerings. KEPRO can seamlessly move members among our integrated care management solutions as their care needs change. That helps guarantee the best treatment for them and the healthiest ROI for your organization.



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