

WellCents

Healthy living makes a lot of sense.

Consumer driven health plans get participants more involved in their health care decisions. These plans actively encourage participants to make wise consumer-driven choices and become better stewards of their benefits dollars. It is our philosophy that restoring the responsibility of maintaining good health into the hands of the participants is better for the individual, family members and the employer. That's why we came up with WellCents, an incentive-based HRA program that puts aside a portion of the employer's annual HRA contribution as an bonus rewarded to participants who complete a Health Risk Assessment and/or courses through our online Workable Wellness platform.

If participants choose not to utilize Workable Wellness, they do not receive the incentive portion of the employer's HRA contribution and that portion of the HRA contribution reverts back to the employer.

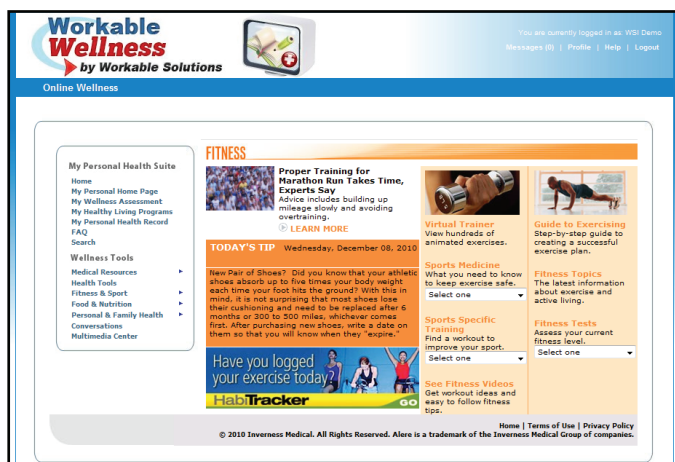
The benefits of WellCents go beyond the incentive. WellCents is a lifestyle tool that educates employees and then provides them with the tools (videos, nutrition finder, virtual trainer, fitness tracking) to make the changes they learn about. Most importantly, because Workable Solutions administers WellCents participants don't need to have concerns over their privacy. It's a win-win situation for everyone!



An Inside Look at the Workable Wellness suite

The Workable Wellness suite gives users the tools they need to succeed in maintaining a healthy lifestyle. Beyond the courses, users will find:

- Wellness Assessment
- Personal Homepage with yearly checkup and preventative reminders
- the Virtual Trainer
- Habitracker nutrition and exercise tracking system
- Video fitness tips
- FoodFinder nutritional library of major restaurants and brand name groceries
- Diet Reviews
- Games
- Menu planner
- Tailored health information; men's health, women's health, over 50 health, pregnancy etc.



Want more info?
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