



On-Site Health Care and Wellness Services

I am comforted knowing
the *quality* of people in
the clinic

Matthew, Samaritan's Purse Employee

WORK WELL. LIVE WELL. BE WELL.

besthealthSM | for
WAKE FOREST BAPTIST HEALTH business

On-Site Health Care and Wellness Services

Now offering post-COVID-19 return to work services.

CUSTOMIZED, RELATIONSHIP-BASED CARE WITH PROVEN RESULTS

From flu shots to DOT physicals to ongoing health care and coaching delivered by nurse health coaches or advanced practice providers (PA or NP), nearly all BestHealth For Business services can be provided on-site, giving employees a convenient access point for care and dramatically increasing utilization and impact.

One Location or Many, On-Site Care and Wellness Services Can Be Customized to Fit Nearly Any Business.

- ▶ A nurse or advanced practice provider (PA or NP) can be present on-site every day, or as needed based on company size, needs and locations.
- ▶ Caring professionals deliver personalized health care and wellness services, quickly becoming trusted health advisors for employees, increasing the effectiveness of health coaching and care navigation.
- ▶ On-site services can include:
 - **On-site Wellness and Sick Care** with a nurse health coach, PA or NP
 - **Behavioral and Mental Health Services** available on-site, in office or by phone.
 - **Limited-scope Pharmacy Services**, an optional service requiring an on-site provider who can write and dispense prescriptions. An on-site pharmacy is stocked with commonly prescribed and over-the-counter drugs for both chronic conditions and common illnesses, enabling employees to get well faster, decrease time away from work and improve medication compliance.
- **Care Navigation** provided by our nurse health coaches, who direct employees to the right place, at the right time, for the right level of care. This includes scheduling an appointment with a new primary care provider or specialist, providing guidance on the drug formulary, or advising how to access behavioral health resources.
- **Health Coaching** to help employees make positive behavior changes so they can achieve better overall health. All of our wellness nurses are trained health coaches.
- **Occupational Health Services**, including acute injury assessment, treatment and follow-up care;

injury re-evaluation/return to work; pre-employment and annual physicals; Department of Transportation (DOT) physicals; respirator fit testing; vision and hearing screenings; drug and alcohol screenings and more.

- **Health Risk Assessments, Biometric Lab Screenings and Flu Vaccines** to identify risks and keep staff well and working. Other vaccines are also available.
 - **Classes** to provide resources for tobacco treatment, stress reduction, weight management, diabetes prevention and more.
 - **Customized Wellness Website** available for program or service registration, plus resources to help your employees get healthier.
- On-site health care professionals save both employers and employees time and money by:
- Diagnosing and treating illnesses sooner, shortening time away from work, and helping to prevent more serious conditions.
 - Diverting employees from the emergency department or urgent care for minor illnesses and injuries.
 - Working with the TPA or benefits partner and engaging directly with high-cost claimants and those with rising risk to change the trajectory of their health and, subsequently, the cost of care.
 - Being experts in each client company's benefits, helping direct employees to already available services that meet specific needs.
 - Increasing employee satisfaction and reducing turnover.

USING DATA TO BEND THE COST CURVE

BestHealth For Business uses a targeted population health approach in reviewing claims data and risk scores to identify areas of focus for improving health and reducing costs. We analyze medical spending and pharmacy claims and identify plan participants with rising risk and spending associated with behavior-related conditions. Our nurse health coaches and providers can then engage employees in meaningful ways that improve overall health and drive per member, per year (PMPY) costs down.

For more information or to schedule an exam,
please contact us at 336.391.5147 or Cheryl.Bowman@wakehealth.edu.

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