

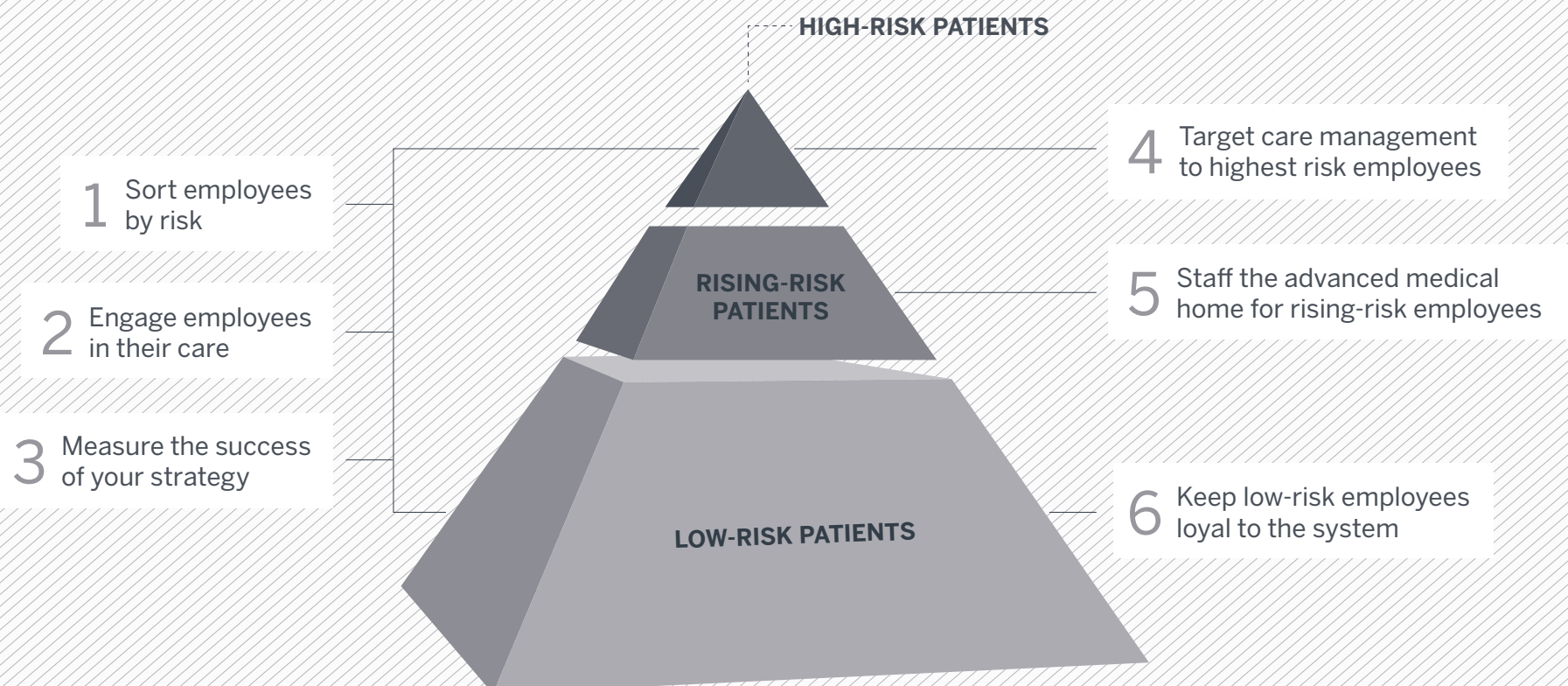
Introducing the **Wellness Spectrum**

Increase employee engagement, productivity

Decrease total cost of care

	HEALTHY LIFESTYLE	DISEASE MANAGEMENT	HIGH-RISK CARE MANAGEMENT	POPULATION HEALTH
Description	Initiatives to promote healthy habits among employees	Targeted education and interventions for employees with specific diagnoses	Intensive, one-on-one care coordination	Differentiated care management for groups of employees, segmented by utilization risk
Goal	Increase employee engagement, productivity	Reduce PMPM* for employees with specific diseases, enhance productivity	Reduce PMPM for costliest employees	Reduce total cost of care for population
Scope <small>Percentage of Employees</small>	100%	20%–30%	5%	100%

Six Steps to Effectively Manage Three Distinct Populations



* Per member per month.