



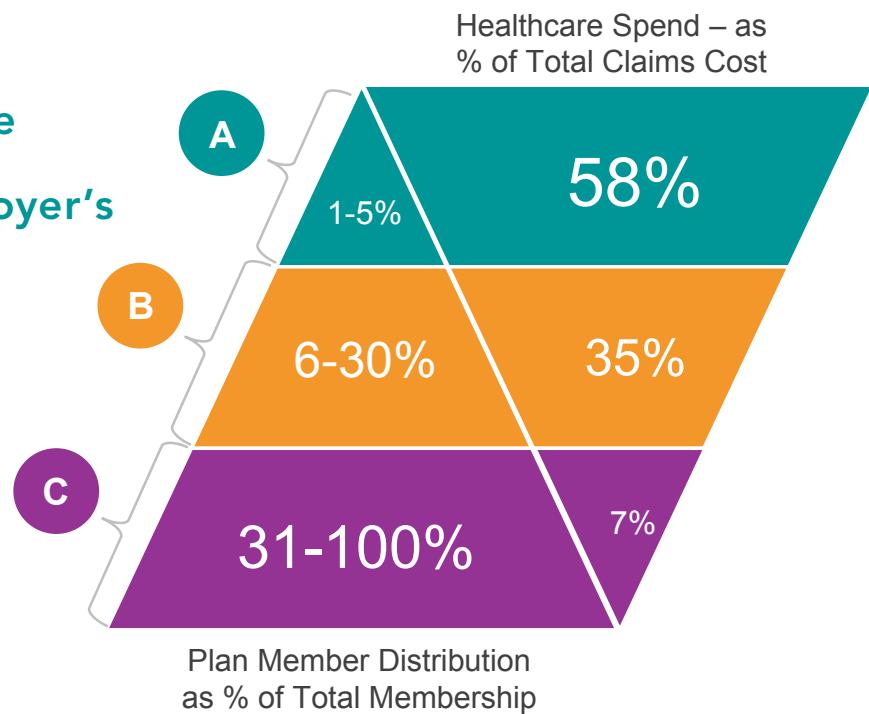
HEALTHWORKS
By Carolinas HealthCare System

Health Management for a Healthier Workplace

Customized programs that improve
health and control healthcare costs



**Up to 5 percent
of employees drive
58% of an employer's
healthcare costs***



When what you're doing isn't working

Employer health and wellness services are frequently bundled into one program, regardless of the pervasiveness of chronic conditions in a specific workforce.

Oftentimes existing solutions are not enough to effectively control chronic conditions such as obesity, hypertension, diabetes and mental health concerns. This gap in programming can result in higher costs for both the employer and employee if the prevalence of chronic conditions in an organization is higher than average.

In fact, data shows that on average, 1 to 5 percent of employees drive 58 percent of an employer's healthcare costs because of these chronic conditions.* Companies need to find a new solution to target these top drivers of healthcare costs.

*Reading Between the Lines: Using Data to Better Manage Your Health Plan. Hill, Chesson & Woody

Changing the status quo

HEALTHWORKS offers workforce health solutions that engage employees to focus on better health, which results in a healthier workforce and lower medical costs. HEALTHWORKS is now offering a new, evidence-based health management program—an option that works in tandem with existing health and wellness programs. We join forces with companies to create customized programs that target specific high-cost chronic diseases.

When partnering with HEALTHWORKS, your organization gets a personalized health management program specifically designed to improve the chronic conditions that plague your organization, effectively improving the overall health of the workforce and the bottom line.

Why focus on the workplace?

The Centers for Disease Control and Prevention estimates that 65 percent of the U.S. adult population can be reached through worksites. This creates the ideal opportunity to make an impact on adults when they are less vulnerable and more open to lifestyle management interventions for proactive health.



A dedicated health manager

Armed with aggregated company-specific data collected through health assessments, and biometric screenings, a registered nurse is assigned to the company to directly engage with employees and connect them with the health resources that will best fit their needs. A health manager provides:

- Chronic disease coaching/educational and preventive intervention
- Medical claims analysis and proactive management
- Utilization management (effective healthcare utilization such as avoidable hospital days and ED usage)
- Medication adherence
- Care navigation
- Collaboration with a participant's PCP

This is a missing component for many healthcare plans.

Relationships are key

Telephonic health management is not always enough. Calling an employee after business hours results in an interaction with someone who is distracted by the very environment that contributes to their health issues.

When working with a HEALTHWORKS health manager, employees have access to phone, email, virtual and face-to-face support. When an employee can work with a health manager on their schedule, they're more receptive to health improvement programs. Relationships develop, positive changes are made and employers save on their bottom line.

Thank you

For more information or a customized quote, contact:

Cara Clapsaddle

Director of Client Services

Cara.Clapsaddle@AtriumHealth.org

704-631-1254



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Thank you

For more information or a customized quote, contact:

Terri Bowden

Business Development Manager

Terri.Bowden@AtriumHealth.org

704-301-8086



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Thank you

For more information or a customized quote, contact:

Emily Grigg

Business Development Manager

Emily.Grigg@AtriumHealth.org

704-589-7583



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Thank you

For more information or a customized quote, contact:

Cristina Lang

Occupational Health Specialist

Cristina.Lang@AtriumHealth.org

704-572-1555



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Thank you

For more information or a customized quote, contact:

Greg Mastroianni

Occupational Health Specialist

Gregory.Mastroianni@AtriumHealth.org

704-564-8663



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Thank you

For more information or a customized quote, contact:

Patty Shomaker

Business Development Manager

Patty.Shomaker@AtriumHealth.org

704-534-6661



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Thank you

For more information or a customized quote, contact:

Keri Kruger

Business Development Manager

Keri.Kruger@AtriumHealth.org

704-619-7307



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Thank you

For more information or a customized quote, contact:

Elizabeth Keating

Business Development Manager

Elizabeth.Keating@AtriumHealth.org

704-291-6283



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