

# SMART WELLNESS

AN HR Assist Service

## CPI-HR can assist you with implementing and managing your corporate wellness program.



Whether you are starting a limited wellness program, or you require the procurement, oversight, management and outcome measurement of multiple health enhancement programs, Smart Wellness can help!

The fight against rising employee benefit costs is ongoing for most organizations. To meet this crisis, many organizations have focused on cost shifting, benefit design, and consumer-driven health plans to meet budgets and retain employees. Despite these efforts, the problem continues. Organizations wishing to control benefit costs, while remaining competitive, must use alternative approaches and focus on what is actually driving their health care costs.

Simply put, the organization that monitors, measures, and maintains the health of its workforce is better able to manage health benefits and the costs associated with them; this is the evolving field of [Population Health Management](#). That is why CPI-HR and Benefit Advisors Network have collaborated to create Smart Wellness, a program designed to assist organizations in implementing and managing corporate wellness programs for their employees.

### What is Population Health Management?

Population Health Management (PHM) is the management, integration and outcome measurement of any program affecting the health and productivity of an organization; corporate wellness, disease management, catastrophic case management, utilization management, EAP, disability, and/or workers' compensation programs.



## To enhance your people, you don't have to spend a lot of money!

You can implement a complete wellness program at your organization with the help of our Do-It-Yourself WellFit Starter Kit. Our Medical Director, David A. Rearick, D.O., M.B.A. has created an all-inclusive tool to aid you in starting a wellness program with a limited budget.



### The WellFit Starter Kit includes:

- Wellness Survey
- Wellness Budget Spreadsheet
- Wellness PowerPoint®
- Wellness Starter Program with 12 month Calendar
- Sample Incentive Strategy
- Wellness Challenges
- End of Year Satisfaction Survey
- Example of Three Year Strategic Plan
- On-line access to customizable wellness tools, including: programs, challenges, forms, letters, consents, and membership to the WellFit PHM eNewsletter

Employers that can afford a more in-depth investment can utilize Health Risk Assessments, Biometric Screenings, on-site lectures and communication and education plans. CPI-HR will work with you to develop a cohesive 12 month calendar and provide assistance with program implementation, vendor management, oversight, program outcome measurement and reporting.

**CPI-HR**  
BENEFITS | PAYROLL | HR  
BENEFITS ADMINISTRATION

Member of Benefit Advisors Network



Smart Wellness is powered by WellFit Advantage. Smart Services™ are the result of the collective resource sharing of Benefit Advisors Network members. Smart Wellness is one of many Smart Services™ now available through Benefit Advisors Network.

6830 Cochran Road, Solon, OH 44139 p 440.542.7800 w [cpihr.com](http://cpihr.com)