



Strengthen the Lives of Your Employees and Your Organization with an Integrated Wellness Platform

▶ UBA WellnessWorksSM are complete health management solutions that provide employers with integrated resources specifically designed to improve the health and well-being of their employees. These easy-to-understand programs eliminate the guesswork in achieving your wellness goals by combining the best programming, effective communications, meaningful incentive strategies and ease of administration. UBA WellnessWorks programs are crafted to meet your unique population needs, to preserve your employee productivity and to seamlessly integrate into your company's culture and long-term health strategy.



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Why WellnessWorks?

UBA WellnessWorks — integrated wellness solutions designed to reduce risks, improve employee health and increase productivity — aims to engage 100 percent of an employer's population in some type of activity, based upon their interest. Key features include:

Wellness Assessment: Helps each person identify specific health risks and establish steps for improving health and changing at-risk behaviors

Personal Health Advancement: Programs designed to help individuals make lifestyle changes and achieve their health objectives in key targeted areas

Health Action Activities: Includes challenges and seminars that address the major health improvement needs of your employee population

Content-rich Online Tools: Available 24/7, and includes Chronic Care Guides, Prescription Drug Database, Medical Encyclopedia, Healthy Recipes, Virtual Trainer, Health News and more

Pre-designed Communications: Includes posters, flyers, brochures and other ready-to-brand communications

Incentive Tracking and Programming Tools: A convenient, accurate tracking system for plan participation that also creates useful reports for monitoring results

And much more: Nurse-based decision support, on-site wellness screenings and telephone-based personal coaching and other resources.