Custom-designed Programs

Our health education professionals help you to design a program that increases participation and produces results. That’s because our complementary consultation includes:

- Analysis of your group’s medical and pharmacy utilization, demographics and corporate culture
- Program recommendations that relate directly to your employees’ lifestyles
- Solutions that maximize program potential for success, whatever your budget may be

Once we’ve completed our complimentary analysis, you choose the programs and services that you think will produce the greatest return on this very healthy investment.

Experienced Health Enhancement Advisors

Qualified professionals are an important part of what makes Harvard Pilgrim’s health education offerings so effective. Whichever service or combination you select, you can trust that our health enhancement advisors, which include Masters-level health educators and consultants, will lead your employees to better health.

Multiple channels address the multiple needs of your employees!

We’ve found the best way for you to increase participation, and results, is to take advantage of many communication tools. In addition to convenient work-site programs, you can offer health education programs through Web, video, mail and phone support. During your free professional consultation, our experts will help you to identify the most appropriate resources for your employees as well as design a plan that fits your budget.

Here’s a sampling of the types of programs and services we can offer:

- Disease management: heart health, gastrointestinal disorders, diabetes care, asthma care and cancer awareness
- Prevention and screenings: blood pressure, vision, body composition, diabetes, flu clinics, bone density and cholesterol
- General health: women’s health, men’s health, strategies to quit smoking, allergy workshop, weight management, pregnancy, nutrition, getting active, parenting of teens, ergonomics and understanding headaches
- Balancing life and alternative complementary therapies (workshops, demos and courses): stress management, acupuncture, chiropractic, massage, T’ai chi, yoga and balancing work/family

Contact Us: For more information about health education prevention and disease management programs at your workplace, call 617-509-7311 or e-mail us at healthandwellness@hphc.org.

Harvard Pilgrim...At Work for You℠

Let us design a program to meet the needs of your employees!

HEALTHIER employees mean reduced medical utilization, lower absenteeism and a higher level of productivity for your business. As a recognized leader in effective prevention and disease management programs, we’re ready to put our expertise and experience to work for the health and well being of your employees. With Harvard Pilgrim...At Work for You℠, you’ll offer a health education program that has a real impact on your employees. Here’s why.

This information refers to products and services offered by Harvard Pilgrim Health Care and its affiliates, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.