



# Work Well, **Live Well!**<sup>SM</sup>

Bringing wellness  
to your workplace



Wellness works, and MVP supports employers in developing a culture of wellness in the workplace – helping to control health care costs and improve the overall health and performance of the workforce.

MVP's innovative *Work Well, Live Well<sup>sm</sup>* resources provide the necessary tools to integrate wellness into the workplace — where employees spend so much of their time. Our turnkey communication materials and exclusive online tools and tips are designed to help empower employees to take personal responsibility for their health, motivate them to make positive lifestyle changes and lead healthier lives.

### *Work Well, Live Well mission*

The goal of *Work Well, Live Well* is to provide employers of all sizes with the tools and guidance needed to successfully launch, promote, and support wellness in the workplace and beyond. We do this by providing employers access to best-in-class workplace wellness information through a unique combination of consultation with certified wellness strategists, and access to the e-toolkit.



## Wellness resources at your fingertips

MVP Health Care's *Work Well, Live Well* e-toolkit site provides a host of valuable worksite wellness resources and a "how to" for bringing wellness to the workplace. In addition, there is best-in-class health promotion/workplace wellness information and links to help promote a culture of wellness within an organization.

*"With help from the MVP Web site and MVP's Wellness Strategists, we have started our first walking program. Everything about the walking program is laid out for you on the Web site. It couldn't have been any easier."*

**Steven Peach**  
HR Director, Inspire



## Step by step approach

### 1. Get started.

**CONTACT** your Account Manager to gain access to the *Work Well, Live Well* Web site and e-toolkit or set up a meeting with your certified wellness strategist. Both provide planning tools and resources to help you get on your way to bringing wellness to your workplace.

### 2. Plan your program.

**DISCOVER** solutions to meet your employees wellness related wants, needs and interests. *Work Well, Live Well* includes the necessary resources to implement a successful worksite wellness program, including recommendations on what strategies to include, tailored to your organization. The e-toolkit also provides supporting materials necessary to launch your workplace wellness initiative.



### 3. Measure and evaluate.

**ASSESS** the state of your worksite wellness program. With the help of the tools available on the *Work Well, Live Well* e-toolkit, you can easily assess and evaluate your worksite wellness program and identify areas of improvement and future program opportunities.

## Wellness tools and activities for all employees

MVP Health Care's online wellness tools and activities can help employees set, track, and succeed at reaching the health improvement goals that are important to them — from stress management techniques to diet improvements — the *Work Well, Live Well* e-toolkit will provide employees with information and ideas that will inspire them to make healthy choices.



Every employee, including both MVP members and non-members will have access to:

1. Complete an interactive Personal Health Assessment
2. Take online health improvement classes
3. Track progress with online health tools
4. Utilize online personalized exercise and nutrition planners

Call today for more information or to get started...

For more information on how *Work Well, Live Well* can help employees live well, please contact an MVP Health Care Account Manager or a Wellness Strategist, or e-mail the *Work Well, Live Well* team at [WWLW@mvphealthcare.com](mailto:WWLW@mvphealthcare.com).

*“HealthAlliance has used many components of the Work Well, Live Well product to launch our corporate wellness strategy. We conducted an employee interest survey, a worksite wellness audit and implemented a 5% Boost Walking Challenge with overwhelming enthusiasm from our employees. MVP has made the Work Well, Live Well product user-friendly and it contains a vast amount of information to help our employees make healthier choices.”*

**Matthew J Osterhoudt**  
Administrative Director Community Services  
Health Alliance of the Hudson Valley

