



NJ SCHOOLS HEALTH INSURANCE FUND

WELLNESS SERVICES

SCOPE OF SERVICES

- COACHING PROGRAMS
- WELLNESS PROGRAM
- WELLNESS CHALLENGES
- VIRTUAL CLASSES & SEMINARS
- EMPLOYEE INCENTIVE TRACKING & REPORTING
- HEALTH RISK ASSESSMENT
- HEALTH FAIRS
- NEWSLETTERS & EMAILS
- VIRTUAL APPLICATIONS

TELLIGEN OVERVIEW



ACCREDITED
HEALTH UTILIZATION
CASE MANAGEMENT
DISEASE MANAGEMENT



ACCREDITED
NCCA
POPULATION HEALTH
PROGRAM

Our mission — to improve lives and economies — is the foundation our company is built on. Staying true to our mission means delivering effective, accredited population health management solutions that empower members to live healthier lives and achieve smarter spending.

TELLIGEN DIFFERENTIALS



FLEXIBILITY

With our staff of over 600 healthcare and technical professionals, Telligen has the scalable capacity to serve any size population while remaining adaptable and flexible to changing health risks.



EXPERIENCE

Our tested wellness solutions improve health for members in both large and small populations.



TRUST

We are committed to service excellence and exceeding client expectations. Our account management and operations teams will always be available.



RESULTS

We connect the dots between data and solutions to ensure member services produce meaningful, measurable results.

COACHING PROGRAMS

Telligen coaching services provide the expert support and tools participants need to achieve identified goals. Our coaches are the centerpiece of Telligen's wellness program. They are supported by evidence-based guidance, education resources, and virtual technology.

AT-RISK COACHING

Telligen's At-Risk Coaching Solutions are available to participants who self-identify with elevated health risks or identified with metabolic syndrome from a biometric screening.

Solutions include:

- Anxiety
- Cholesterol
- Depression
- Diabetes Prevention
- Hypertension
- Musculoskeletal
- Tobacco Cessation
- Weight Loss

DISEASE MANAGEMENT COACHING

We use data analytics to identify individuals with chronic conditions who will benefit from nurse health coaching.

Solutions include:

- Asthma
- Cardiac
- Chronic Kidney
- Chronic Pain & Musculoskeletal
- Congestive Heart Failure
- COPD
- Coronary Artery Disease
- Depression & Anxiety
- Diabetes
- High Blood Pressure
- Infertility Maternity
- Obesity
- Other Chronic Conditions
- Sleep Apnea

CASE MANAGEMENT

Following a health crisis or a new diagnosis, Telligen's nurse case managers answer questions and build relationships that prepare members to effectively self-manage their condition.

Solutions include:

- Behavioral Health
- Care Transitions
- Catastrophic
- Emergency Room Reduction
- Musculoskeletal
- Oncology
- Opioid Monitoring
- Remote Monitoring
- Specialty Medications
- Transplants



COACHING PHILOSOPHY

Telligen Health Coaching is an ongoing, collaborative program between a participant and their health coach. Throughout the program, the coach will communicate regularly telephonically and through Telligen's mobile health app to assess needs and set goals.



MEMBER EXPERIENCE



- Elevated PSA requiring biopsy that confirmed prostate cancer; underwent prostatectomy
- Telligen Case Manager worked with him to review the specific information about his diagnosis & provided detailed future steps required to maximize positive outcomes.

OUTCOMES

- Appropriate healthcare use throughout the process
- Avoided postoperative infections and complications
- Emotional support through establishing new normal post surgery

MEMBER TESTIMONIAL

“ I consider the contact and relationship established an integral & essential aspect of my treatment and recovery. Having a person who is outside of your actual care team monitoring and charting your progression, who also provides constant access via email and calls, is a vital element often missing in today's medical treatment systems. ”

WELLNESS PROGRAM

Telligen's wellness program provides a coordinated program of services and options designed to improve employee health and mitigate health risks. Our program addresses individual health risks with evidence-based instruments designed to manage those risks. Our strategies and resources will be tailored to the goals of each school district and the unique health risk profile of their participant population.

WELLNESS-FOCUSED CHALLENGES & COMPETITIONS

We offer a catalog of more than 100 health challenges, grouped into three primary content areas: well-being, physical, and nutritional.

VIRTUAL CLASSES & SEMINARS

Live, web-based wellness education sessions are led by Telligen health coaches and tailored to the priority health needs of the member population.

EMPLOYEE INCENTIVE TRACKING & REPORTING

We support a wide variety of incentive tools and strategies. Incentive program reporting can be added to our standard reporting package, along with many other ad hoc reporting options. Our standard reporting package includes program engagement metrics, utilization rates, and coaching program statistics.

HEALTH RISK ASSESSMENT (HRA)

Our Health Risk Assessment (HRA) can be administered in a variety of formats and is fully customizable to address specific population health concerns and priorities

HEALTH FAIRS

Telligen offers health fairs including biometric screenings and vaccine clinics.

NEWSLETTERS & EMAILS

Our clients choose from a range of customized periodicals and wellness communication tools at no additional fee.

More details and examples of Telligen's complete health & wellness offerings can be found in our full proposal for the New Jersey Schools Health Insurance fund.



WEB-BASED LIVE HEALTH COACHING TOPICS



NUTRITION

- Healthy Fats
- Sugary Drink Alternatives
- Build Your Plate
- Processed Food & Hidden Sugar
- Protein Sources



WELL-BEING

- Breathing Exercises
- Ergonomics



EXERCISE

- Interval Training
- Squats*
- Chair Yoga
- Stairs*
- Core Workout

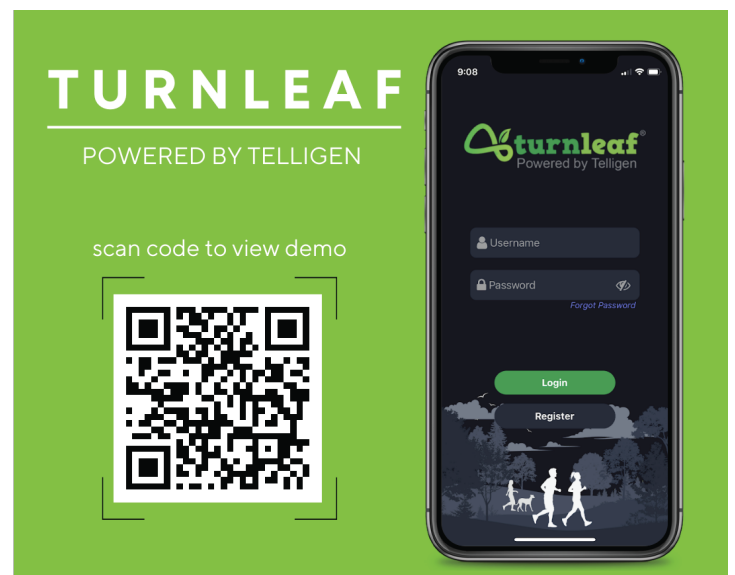
*modifications available

VIRTUAL APPLICATIONS: MOBILE APP & WEB PORTAL

Telligen's wellness program features a technology suite that includes our proprietary Turnleaf mobile application and a fully integrated online portal. The combination provides users with convenient, one-stop access to coaching and health management support resources.

Features include:

- Directly message personal health coach
- Schedule future calls with the health coach
- Enter personal biometric data
- View individual progress at anytime



PRICING

CORE COACHING PROGRAMS

SERVICE

COST PEPM YEAR 1

WELLNESS PROGRAM

Includes wellness platform, mobile application, data file management, health risk assessment, challenges, educational material, participation tracking, incentive reporting, marketing & communication, and call center support

\$0.77

DISEASE MANAGEMENT COACHING

Includes a collaborative process of care planning, educating, assessing, provider collaboration, addressing care gaps, and following evidenced based guidelines. Includes educational material and standard reporting.

\$1.85

CASE MANAGEMENT COACHING

Includes a collaborative process of planning, facilitation, care coordination, evaluation and advocacy for options and service through telephonic and Turnleaf mobile app coaching sessions. Includes educational material and standard reporting.

\$1.75

AT-RISK COACHING

Includes a collaborative process between participant and health coach in developing action plans. Coaching sessions are telephonic or through the Turnleaf mobile app. Includes educational material and standard reporting.

\$0.60

INDIVIDUAL PROGRAMS

SERVICE

COST PER PARTICIPANT

BIOMETRIC TESTING

Requires a minimum of 30 participants per screening event. Includes scheduler, communication and marketing, data file loads, and biometric screening.

\$65

DIABETES PREVENTION/WEIGHT LOSS PROGRAM

The Telligent Weight Loss and National Diabetes Prevention Program is composed of a series of group educational sessions and uses lifestyle change interventions that target improving diet, increasing physical activity and achieving moderate weight loss. This program can be delivered in a group environment or in a self-guided app-based interventions.

\$399

OTHER OFFERED PROGRAMS

SERVICE

COST PER HOUR

ON-SITE EVENTS & PROGRAMMING

Includes any programming done onsite.

\$150

Plus travel expenses

LIVE WEB-BASED EVENTS

INCLUDED IN WELLNESS PROGRAM PEPM

CUSTOM REPORTING

For reporting needs outside of base reporting.

\$150



AMI BOLLES, DIRECTOR OF STRATEGIC ACCOUNTS
ANNA VANDER BEEK, ACCOUNT MANAGER



(515) 558-5023
(515) 362-8327



ABOLLES@TELLIGEN.COM
AVANDERBEEK@TELLIGEN.COM



TELLIGEN.COM