



Our mission is to engage individuals to drive personal health so that they may live healthier, be stronger, and achieve more.



# Schools Health Insurance Fund

# Your Pathway to Success

US Wellness is a leading provider of innovative wellness programs and services. Twenty-six years ago, we had a simple idea: to help people be happier, healthier, and live more productive lives.

US Wellness has delivered success to the Fund for nearly a decade. Our results in school districts speak for themselves:

- Participation in screenings increased 25% in the first year
- Lowered attrition rate by 11%
- 53% of employees lost weight after joining the program

Our flexible service approach allows you to **pick and choose** your services, with guidance and recommendations. Our account team ensures engagement and satisfaction, returning improved health outcomes for your employees!



## Solution

A simplified “one-stop” experience



## Our Footprint

400+ providers

24 NJ districts served



## Results

“Since switching from another vendor we have realized a 108% increase in wellness engagement in just six months and our total costs decreased by 40%!”



# Our Services

No two wellness programs are alike! Our agile team thinks outside of the box to bring you fresh ideas that work. **Personalize your program** from a broad menu of services with our one-stop-shop approach.

## Biometric Screenings

US Wellness is a licensed laboratory and performs hundreds of events in New Jersey annually. We also support offsite options: physician form, lab voucher, and home test kit.

## Wellbeing Portal

US Wellness' state-of-the-art portal is powered by Virgin Pulse. The website and mobile app features incentive tracking, challenges, journeys (workshops), gamification, and analytics.

## Multi-Cancer Early Detection (MCED) Test

Treating cancer starts with knowing you have it. Identify 50+ types of cancer from a simple blood draw with results in 10 days. Includes navigation and clinical support for positive results.

## Wellness Coaching

1:1 telephonic coaching on 20+ topics, including disease support and goal-based coaching such as weight loss or smoking cessation. We draw on principles from positive psychology, appreciative inquiry, and motivational interviewing.

## Flu Vaccination

Manage the flu this season by offering a convenient vaccination program! We provide onsite clinics and/or a voucher redeemable at retail pharmacies.

## Seminars / Health Fair

Onsite and virtual sessions with 40+ topics. Most popular sessions among school districts include: "20 Minutes to Zen," "Stopping Burnout Before It Starts," and "Optimizing Your Sleep."




# Take a deeper dive

Our cornerstone services – biometric screenings and wellness portal solution – give each district the outcomes and results needed to move the needle forward.


## Biometric Screenings

Biometric screenings are our heart and history! With 26 years' experience, we focus on the details, which results in customer success. US Wellness is a licensed laboratory staffing our own W-2 employees for onsite screening events.



**Onsite Screenings**

Fingerstick or Venipuncture. Appointment scheduling, onsite screening and coaching, personal and aggregate results reporting.




**Home Test Kit**

Request a kit to complete screening at home.



**Lab Voucher**

Complete screening at one of our community retail partners.



**Physician Form**

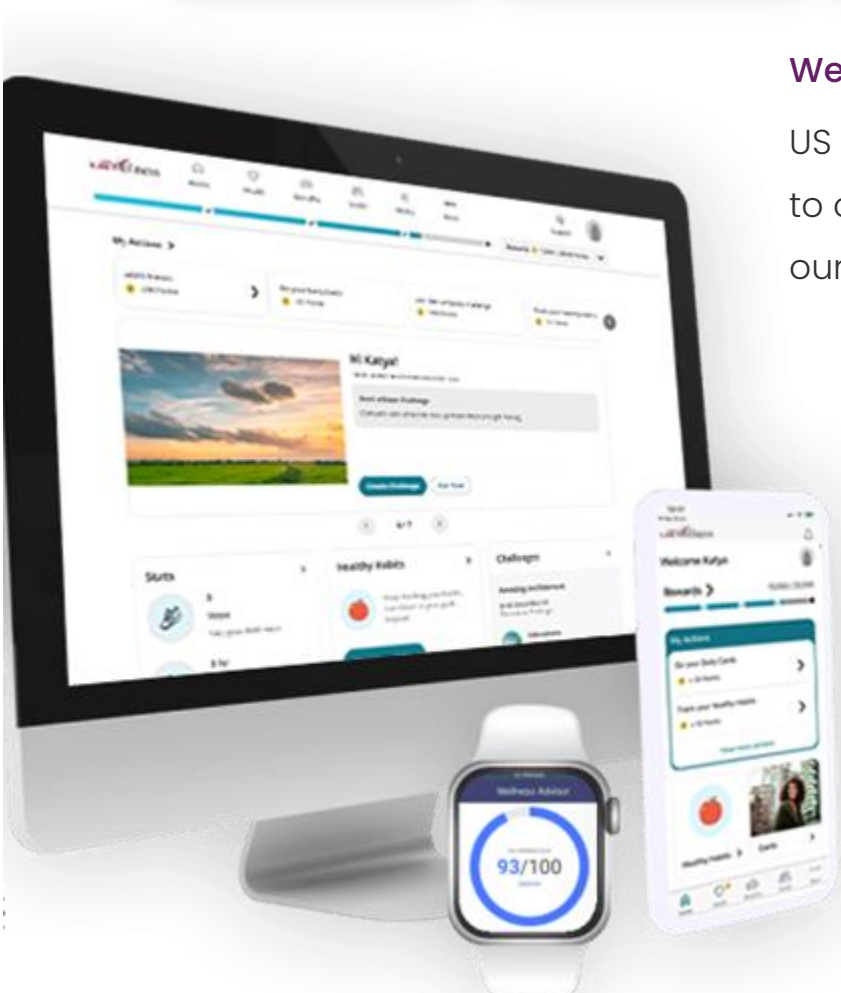
Visit your doctor and submit results for credit and reporting.

## Wellbeing Portal through Virgin Pulse

US Wellness has partnered with Virgin Pulse to offer the technology of their platform with our high-touch account management.

The foundation of the platform is based on behavior change economics, ensuring that employees keep returning and building long-term, sustainable habits.

We see 55% higher activation and 7x more program use compared to other platforms. [Learn more.](#)



# Learn more about us

## Our History

US Wellness has been a leading provider of innovative wellness programs and services for 26 years. We are a privately held woman-owned business with nearly 10,000 W-2 health professional providers nationwide. Since 1997 we have created the best wellness programs that deliver real value. We continue to fine-tune our best practices to meet the needs of a changing workforce.

US Wellness delivers onsite and offsite biometric screenings, a best-in-class wellness platform/mobile app, health risk assessment, health coaching, onsite and virtual seminars, health fairs, early-detection cancer testing, and flu vaccination services to clients. Our work has led to better health, higher engagement, and happier, healthier organizations!

## Your Team

Account management is key to a program's success. After all, a trusted team who offers strategic insight and experience will bring success! **Client service** and **responsiveness** are two of our driving principles, and these are differentiators when working with US Wellness.

Your dedicated US Wellness account team will tailor wellness programming and content to the goals and intentions of each district. We bring award-winning technology, commitment, and a passion to help people and organizations be their best.



Alyssa Williamson  
President



Shea Wallace  
VP Operations



Katya Daragan  
VP Engagement



Elizabeth Iturralde  
Director Engagement

# Next Steps

## Getting Started

Implementation is easy – we do the heavy lifting. We know you don't have the time to invest in a lengthy implementation process. We'll guide you through the process with our proven best practices.

We'll provide you with the tools for a successful program. We provide personalized communication materials and proactively provide participation updates. We are happy to help with day-to-day questions from employees, too. We see ourselves as an extension of your team!



## Additional Information

- Learn more about [US Wellness](#)
- Watch a [2-minute video](#) of wellness platform

## Have questions?

We'd love to hear from you. Contact us at [info@uswellness.com](mailto:info@uswellness.com) or 301-926-6099.

# Testing & Immunization

Wellness Screenings		
Service	Description	Price
Onsite Biometric Screening	<ul style="list-style-type: none"> <li>Fasting: Total Cholesterol, HDL, LDL, Triglycerides, Glucose, blood pressure, Body Mass Index, Waist circumference</li> <li>Non-fasting: Total Cholesterol, HDL, Glucose, blood pressure, Body Mass Index, Waist circumference</li> </ul> <p>Included:</p> <ul style="list-style-type: none"> <li>Online scheduling, Electronic Data Capture, and automatic results reporting</li> <li>Customer support</li> <li>Onsite counseling on results</li> <li>Aggregate and individual reporting</li> </ul> <p>*15-person minimum per event; rate based on 5 participants/hour. Shipping billed at cost, as incurred.</p>	\$40/person (fasting)* \$38/person (non-fasting) *  <b>Additional Screenings:</b> Body Composition +\$5 HbA1c + \$15 Cotinine + \$15 PSA + \$40 TSH + \$40
Offsite Biometric Screening Options	<p><u>Lab Voucher:</u> Biometric screening lab voucher for use at LabCorp, results integration, and upload to secure user account.</p> <p><u>Physician Form:</u> Online distribution, fax or upload, email confirmation and results integration</p> <p>Home Test Kit</p>	\$65 /voucher  \$10/per form received  \$40/per requested kit
Multi-Cancer Early Detection (MCED) Test	<ul style="list-style-type: none"> <li>Test identifying 50+ types of cancer</li> <li>Blood draw available at worksite, participant's home, or participating laboratory; results available in 10 days</li> <li>Support for positive result, including navigation and clinical support</li> </ul>	Onsite phlebotomy: \$979  Home phlebotomy or Quest Lab Draw: \$949
Flu Vaccination		
Service	Description	Price
Onsite clinic	<ul style="list-style-type: none"> <li>30 shot minimum per location</li> </ul>	\$42/shot
Vouchers	<ul style="list-style-type: none"> <li>Available at Walgreens, Walmart, and CVS, Rite Aid, Costco, and regional grocery pharmacies</li> </ul>	\$45/shot, plus \$250 one-time setup fee

# Wellness Portal & Coaching

<b>Wellness Portal</b>		
<b>Service</b>	<b>Description</b>	<b>Price</b>
Implementation	Wellbeing platform implementation, design, and recommendations.	\$5,000 one-time set up fee for the Fund
Portal Services	<b>Ignite platform includes:</b> <ul style="list-style-type: none"> <li>• Recommendations and planning for the Fund and by district</li> <li>• Dedicated account team</li> <li>• Wearable device integration</li> <li>• Mobile app</li> <li>• Admin portal and standard analytic extracts</li> <li>• Annual business review and strategy for the Fund and by district</li> <li>• Incentive tracking</li> <li>• Health Risk Assessment</li> <li>• One customized benefit page with content related to benefits/wellness per district</li> <li>• Quarterly challenges for all participating districts; Unlimited user-to-user personal challenges</li> <li>• My Care Checklist (preventive exam compliance)</li> <li>• Healthy habit tracking</li> <li>• Journeys (self-guided learning modules) and Media Library</li> <li>• Social connections: Friends and Groups</li> <li>• Event calendar by district</li> <li>• Content: Nutrition, exercise, stress, sleep, COVID-19, and diversity</li> </ul>	Flat rate per participating district: \$10,000/year  Minimum: 3 participating districts
Employee Rewards	Employee prizes valued up to \$500 per participating district/year	Included
<b>Wellness Coaching</b>		
<b>Service</b>	<b>Description</b>	<b>Price</b>
Next-Steps Consult	<ul style="list-style-type: none"> <li>• 20-minute session to review biometric and HRA results by phone</li> <li>• Health Guide will direct members to the programs and resources available to help them achieve their goals.</li> </ul>	\$32.50/call
Telephonic Health Coaching	<ul style="list-style-type: none"> <li>• Members are matched to a coach based on member goals and preferences.</li> <li>• Topics include lifestyle and 22 conditions, including tobacco cessation coaching</li> </ul>	\$300/per person per year -OR- \$65/per person per month



# Seminars & Health Fairs

Seminars		
Service	Description	Price
Seminars	<ul style="list-style-type: none"> <li>• Onsite or virtual seminars</li> <li>• Length varies from 20 – 60 minutes</li> <li>• Over 30 topics available in US Wellness catalog</li> </ul>	Varies based on topic and length. <b>Virtual:</b> Starts at \$250 <b>Onsite:</b> Starts at \$500
Health Fairs		
Service	Description	Price
Health fair attendance	<ul style="list-style-type: none"> <li>• Representative at booth for duration of health fair, providing information about wellness program, promoting services and answering employee questions</li> <li>• Wellness wheel entries and raffle winner at end of health fair</li> <li>• Healthy giveaways for participants</li> </ul>	\$75/hour
Health fair booth support	<ul style="list-style-type: none"> <li>• Vendor management and coordination for a variety of services. May include:</li> <li>• Testing stations:               <ul style="list-style-type: none"> <li>○ Biometric screenings</li> <li>○ Blood pressure station</li> <li>○ Body composition and body age analysis (percent body fat, muscle and water, visceral fat and body age tests)</li> <li>○ Dermaview (skin analysis)</li> <li>○ Vision test (Snellen Eye Chart)</li> <li>○ Specialty testing: Hemoglobin A1c, Prostate Specific Antigen (PSA) for men &gt;50 years, Thyroid Stimulating Hormone (TSH), or Vitamin D</li> </ul> </li> <li>• Healthy eating samples/recipe cards</li> <li>• Chair massage (15-minute appointments)</li> <li>• Meditation station (10-15 minute group sessions)</li> <li>• Core, stretch and tone station with exercise physiologist to increase bone density and build muscle</li> <li>• Ask a Health Coach station</li> <li>• Plank competition with prize for longest plank</li> </ul>	Pricing varies based on scope; bundled pricing available if offering multiple booths