

ABOUT TRIHEALTH CORPORATE HEALTH

TriHealth Corporate Health is recognized as the employer health partner to more than 7,000 companies and organizations. Employers of all sizes and industry types trust TriHealth Corporate Health year after year to help them build and maintain healthy, strong and well balanced workforces.

As a division of TriHealth, a not-for-profit health system that includes Good Samaritan and Bethesda North Hospitals, we bring over 150 years of compassion and world-class care to the people we serve. Our division was established in the early 1980's with a single focus – to improve employee health thereby increasing workplace productivity.

Our medical staff, fitness and wellness specialists, and Worklife counselors are experts in Workplace Health and Medicine. We are passionate about helping businesses empower their employees to make healthy lifestyle choices, because healthy people perform to their fullest on the job and impact the overall health of our communities.

Corporate Health is uniquely positioned to help maximize an employer's opportunities for sustaining long-term bottom line success. We set the standard for holistic employee care, offering the industry's greatest breadth of employer health solutions delivered through an integrated model we developed called Health & Productivity Strategies, (HPS). HPS systematically addresses all aspects of employee health affecting work performance.

HEALTH + PRODUCTIVITY STRATEGIES

We are committed to helping employers care for their greatest assets – the individuals they employ. In partnership with employers, we will continue to develop innovative strategies that improve employee health, contain healthcare costs and increase staff productivity.

TriHealth Corporate Health includes SHARE® On-site Nurse Program, CONCERN® Services, Preventive Health Systems, Occupational Medicine, Executive Health, and TriHealth Fitness & Health Pavilion



Enhancing the Health of Your Organization

Through Prevention & Wellness

TriHealth Preventive Health Systems



Empowering employees to live a healthy lifestyle can dramatically impact the health of your business. Through enhanced fitness, healthy eating, stress management, and increased self-responsibility, your employees can be their best at home and at work. The impact is clear – healthier employees have a higher level of satisfaction and lower absenteeism, which means increased productivity and lower healthcare costs for you.

Determining which wellness program will be successful for your company can be challenging. A “one size fits all approach” is often costly and does not produce long-term results. TriHealth Preventive Health Systems (PHS) can help you develop a strategic wellness strategy that fits your unique population, organizational and environmental needs. No matter the size of your employee group, our comprehensive solutions allow us to be your single source for employee wellness and fitness planning. We can provide you with everything you need, including consulting, program design, implementation, evaluation and management.

Employers of all sizes and industry types trust TriHealth Preventive Health Systems to build and sustain a healthier and more productive workforce. As a nationally recognized leader in medically based fitness programming and wellness services, PHS knows how to achieve measurable results for your organization. We partner with you to achieve the level of change necessary to improve and restore employee health, thereby enhancing the health of your organization. What's more, we implement proven and lasting strategic wellness solutions that keep your employees healthy and your organization strong.

MEDICALLY-BASED FITNESS DELIVERS OPTIMAL RESULTS

TriHealth Preventive Health Systems (PHS) is dedicated to improving the health of corporations and organizations. For nearly two decades, we have partnered with employers to achieve optimal results through our award-winning, medically-based worksite fitness and strategic wellness solutions. We improve the health status of your employees through fitness, engaging programs and self-directed employee care.

Prevention is your best line of defense. When employees are healthy, they are less likely to get sick, develop chronic illness or get injured. Through health education and positive lifestyle changes, we teach employees to take an active role in their health and wellness to maintain their good health. When employees make their wellness a priority, they reduce their chances of developing a chronic health condition. Even employees already suffering from a chronic illness can enjoy better health and be more productive through a PHS wellness program.

PHS goes beyond typical wellness and fitness programs by providing comprehensive and integrated worksite health and productivity strategies for your organization. In addition, as part of TriHealth Corporate Health, we can integrate with the full range of employer health services to deliver total employee care. Good health translates into fewer missed days, greater productivity and profitability for your organization.

Healthy employees use fewer sick days, make fewer doctor and hospital visits, are less likely to be injured or ill, and have higher productivity and morale.



PHS Strategic Wellness Services

Wellness Program Coordination

PHS provides high quality and effective wellness coordination and consultation either on-site or remotely. We combine state-of-the-art programming knowledge, years of successful experience and a results-oriented focus to help your organization improve the health and productivity of employees. In addition, PHS can seamlessly integrate with the health and productivity management solutions delivered by TriHealth Corporate Health. This integrated approach can result in corporate-wide employer health solutions that yield significant and long-term productivity improvements.

Health and Fitness Center Services

Our services range from facility design and start-up to ongoing management. Using data collection and analysis, our health and fitness center consulting services help you develop a project plan and schedule that matches your needs. We take care of the details, working with facility architects to plan layout, mechanical needs and finishes and select state-of-the-art fitness equipment that is appropriate for your population and budget.

Facility Management

We ensure that your center is safe, friendly and attracts and retains employees as members. PHS provides low-risk, hassle-free facility operations management. Our strength lies in our ability to become a part of each company and community. Our experienced staff serves nearly 25,000 fitness center members each year.



STRATEGIC WELLNESS: A MODEL THAT WORKS

At the heart of our approach to wellness is helping employees change their lifestyles. We partner with you to identify and reduce your employees' health risks and assist them in developing and maintaining good health habits. Our process includes:

- Assessment-Based Planning
Assessing the needs of your employee population based on key drivers/health care costs and claims
- Customized Health Improvement Strategies
Identify Strategic Solutions that reflect population and culture
- High Quality Services
Provide engaging, fun and practical health and wellness programs

By implementing a PHS workplace wellness program, you can create a more energetic, positive and productive workplace that yields both short and long-term bottom-line benefits.

WHY EMPLOYERS CHOOSE TRIHEALTH PREVENTIVE HEALTH SYSTEMS:

- Our medically-based fitness and strategic wellness solutions demonstrate increased productivity time after time
- Our fitness specialists, trainers and health promotion staff integrate seamlessly into the culture of employer worksites
- We are recognized as the region's leader for group fitness programs
- Our expertise in workplace health and productivity as part of TriHealth Corporate Health
- We provide comprehensive and integrated prevention strategies and wellness management
- TriHealth Corporate Health is helping employers shape employee self-care through innovative strategies, resources and education

TAKE ACTION TODAY

Let PHS help you transform your organization through a customized worksite wellness program. Call Jackie Glaser today at (513) 985.5455 x235 or visit www.trihealthcorporatehealth.com to learn more.

BEING FIT REDUCES CLAIMS

You will see a significant difference in medical claims between exercising employees and non-exercising employees. Examples include:

- General Electric **reduced health care costs for members of its fitness program by 38%** in an 18-month period, while non-members' health care costs rose 21%.

EXPECTED BENEFITS OF TRIHEALTH PHS

- Improved health status
- Increased level in employee self care
- Lower health care costs
- Reduced absenteeism
- Reduced disability time
- Reduced workers compensation costs
- Reduced employee turnover
- Increased recruitment and retention of high achievers