

Health and Wellness Program



Health care costs and productivity losses are the biggest concerns and challenges for employers today. As part of our commitment to helping employers and employees “get more out of life,” we have selected Ceridian LifeWorks’ Health and Wellness program to assist employers in reducing overall benefits costs and improve the overall health and productivity of employees.

The program is available to active employees, their spouses and dependents participating in our group life insurance plans. Offering the program in conjunction with an employer’s group life insurance plan makes it easier and more cost-effective to add a wellness program or enhance an existing one. Ceridian LifeWorks also offers employers options to streamline and integrate other health and productivity management services.

Features for the employee	Features for the employer
<ul style="list-style-type: none"> • Secure, confidential program and support • Life Health Assessment (LHA) <ul style="list-style-type: none"> – Personalized, global evaluation with health direction and support – Covers health risks, lifestyle choices associated with health, co-morbidities, disease conditions, psycho-social issues, and recommended preventive health screenings • Health Coaching program utilizing a dedicated health coach to assist with establishing and reaching goals for sustainable, life-long behavior change in the areas of weight management, tobacco cessation and stress management <ul style="list-style-type: none"> – Number of proactive outreach calls from health coach based on proven predictors of success in reaching desired goal(s) – Unlimited inbound calls to health coach throughout the program • Online resources 	<ul style="list-style-type: none"> • Secure, confidential, HIPAA compliant program • Developed using national guidelines and best practices with oversight by a Scientific Advisory Board • LHA Aggregate and Executive, Usage, Health Coaching Outcomes reports: <ul style="list-style-type: none"> – Understand population health risks, lifestyle habits, disease conditions, preventive measures and more – Identify opportunities for health and productivity improvements – Gain direction for education, motivation and engagement – Benchmark across health plans; understand what is driving health care costs • Program implementation consultation and support • Program promotion support

Ceridian LifeWorks

Ceridian is one of the top human resources outsourcing companies in each of its markets, and offers a broad range of human resource services. With a 30-year history of providing health and productivity solutions — including EAP, WorkLife, and Health and Wellness programs — Ceridian has a reputation of innovation, quality, and customer service excellence.

Services provided by Ceridian LifeWorks are their sole responsibility.
The services are not affiliated with Minnesota Life, Securian Life or its
group contracts and may be discontinued at any time.

Minnesota Life Insurance Company

A Securian Company

Securian Life Insurance Company

A New York admitted insurer

400 Robert Street North, St. Paul, MN 55101-2098
1.800.606.LIFE (5433) • 651.665.7898 Fax
www.lifebenefits.com

©2008, 2009 Securian Financial Group, Inc. All rights reserved.

F65955-3 Rev 4-2009
A04327-1108