



HEALTHYSOLUTIONS

BETTER BENEFITS – BETTER HEALTH – BETTER LIFE



Welcome to HealthySolutions, America's most innovative, participation-based health & wellness incentive program! With the increasing cost of health care, and most experts agreeing that 70% of our health care costs are due to lifestyle choices and related illness, it is time to take control of health care costs by improving health.

Health

HealthySolutions was built to give employers an alternative way to reduce to the rising cost of health care. With HealthySolutions, participants can earn up to the first \$2,000* of their Deductible by:

- 🍏 Awareness – Complete the Biometric Screening & Health Risk Assessment. Know your numbers, reach out to a health coach to help you understand your results.
- 🍏 Education – Engage in Online Education, Health Challenges and Health Coaching
- 🍏 Lifestyle – Record food and physical activity, while maintaining health and wellness good practices

\$3,000 Deductible

Earn Away up to the first \$2,000* of your Deductible by earning credits for *Awareness, Education, Coaching & Lifestyles!*

\$1,000* Remaining Deductible

*For employees with spousal coverage the deductible amount is 2X the individual or parent child / children deductible. The employee and participating spouse are eligible to earn deductible credits up to \$2,000 each.

Wellness

Employees often spend more than half of their waking hours at work. There is no better place to cultivate health and wellness education and incentives. The HealthySolutions incentive capabilities are coupled with a wide range of wellness, preventive & clinical programs. This program can help promote life long adoption of choices that can result in healthier, more productive employees.

Technology

With HealthySolutions, the health and wellness initiative is just part of the big picture in managing your health care costs. Each client and their employees receive their own Wellness Portal that has the following capabilities:

- 🍏 Take online Health Risk Assessment
- 🍏 View lab results from Biometric Screening
- 🍏 View past claims
- 🍏 Track food and exercise
- 🍏 Take online education and health coaching
- 🍏 Sync wearable tracking devices (FitBit, Apple Watch)

**FOR MORE INFORMATION,
PLEASE CONTACT:**

Group Benefit Services, Inc.
6 North Park Drive, Suite 310
Hunt Valley, MD 21030
T 800.638.6085
sales@gbsio.net



ON YOUR TEAM.