

LifeSuite

Health and Wellness

Health care costs and productivity losses are the biggest concerns and challenges for employers today. 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.

A proactive solution

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.

Resources for employers

- Program implementation, consultation and ongoing support
- Promotional support
- Online usage reports
- Aggregate and executive reports created from the results of the Life Health Assessment and Health Coaching Outcomes reports

Resources available to employees

- **Life Health Assessment** – The assessment takes only 15-20 minutes and is designed to help employees understand their health risk factors and overall health and well-being.



- **Health Coaching** – Employees may request a dedicated health coach to work with them on developing a personalized, step-by-step action plan for creating a healthier long-term lifestyle. The health management programs available are:

- iCanChange Weight Management Program
- iCanQuit Tobacco Cessation Program
- iCanRelax Stress Management Program
- iCanThrive Cardiovascular Health Management Program

- **Educational Resources** – Employees can visit www.lifeworks.com for the information and resources they need to maintain a healthy lifestyle including:

- Health library
- Seminars
- Materials, including books and CDs, which can be ordered free-of-charge for home delivery
- Newsletters and tips

About 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 their group contracts and may be discontinued at any time.

Minnesota Life Insurance Company

A Securian Company

Group Insurance

www.lifebenefits.com

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