

ODS cares about your health and the health of your employees. Support for your employees' health and well-being is already built right into your group's plan through the offerings of ODS Well.

ODS Well Health & Productivity Services

Chronic and Acute Support

- Diabetes, Respiratory, Depression and Cardiac Care Programs
- Targeted Member mailings
- Provider Engagement mailings
- Case Management
- Behavioral Health

Lifestyle Support

- Spine & Joint Care
- Weight Management
- Nutrition
- Active Living
- Stress Management
- Maternity Care
- Women's and Men's Health
- Tobacco cessation
- Nicotine replacement therapy*

Online Health Tools and Support 24/7*

- Health Risk Assessments
- E-mail access to doctors, psychologists, pharmacists, dietitians, personal trainers and dentists
- Registered nurse advice line
- E-based healthy living program
- Online health and symptom evaluator & medical library
- Health forums and news articles
- Find a provider, prescription comparison, benefits tracking

Health and Wellness Consulting**

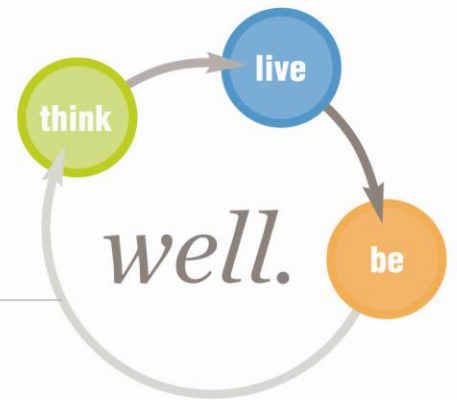
- Workplace needs assessments
- Onsite and telephonic consultation
- Promotional materials
- Program evaluation support

Employer Reporting**

- Web usage
- HRA data
- Coaching engagement

Employer Wellness Communications

- Health & wellness newsletter
- Wellness program promotion
- Worksite Wellness Guide
- Invest In Your Health Guide
- Needs assessment
- Success Strategies
- Health and Productivity
 - eTips
 - ePosters
 - eFlyers



Benefit and Health Fairs**

- Informational program brochures
- Attendance by a healthcare professional
- Blood pressure screening
- BMI screening
- Interactive cardiac risk assessment
- Hands-on educational tools

Partnerships and discounts

- Dental Optimizer
- Weight Watchers
- Safe Beginnings
- TruVision & Hearing
- American Institute of Preventive Medicine
- Health Edco

Purchasable Services†

BodyAge™ Functional Capacity Assessment

- Body composition
- Nutrition assessment
- Strength assessment
- Flexibility assessment
- Individual reports
- Group aggregate data available

Additional Worksite Wellness Consulting

Flourish eCoaching

Worksite Activities & Programming

- Webinars/Lunch and Learns
- Customized to group's needs

*ODS Well is offered to all group clients as a compliment to the medical plan. Components may vary by plan design and funding type.

**Consulting is an option for employer groups with 51+ employees; must meet specific criteria and requirements for engagement.

†BodyAge and online coaching are offered as purchasable services. Additional levels of programming may incur additional costs.