



Know Your Health Risks



While government officials argue about and promise supposedly optimal health care solutions, you can get ahead of the curve and implement realistic, customized, proven strategies in your company today. Using the My Health Roadmap suite of services, employees can reduce or eliminate health risks while reducing company and personal health costs. Here's how:

My Health Toolbox

My Health Toolbox is the first nationwide, comprehensive wellness program specifically designed for small businesses. This employer pre-paid wellness program offers qualifying full- and part-time employees, spouses and dependent children 16 years old and older with:

- pH test, to determine pH level (body pH has a significant effect on your health).
- Blood pressure screening.
- Blood and other health tests to determine essential blood characteristics and body measurements.
- The nation's most comprehensive, confidential Health Risk Assessment (HRA).
- Health improvement strategies based on your HRA results.
- A My Health Toolbox Health Coach to answer questions about blood tests, Health Risk Assessments, etc. as well as address the most significant health and wellness conditions affecting your company's employees.

Throughout every aspect of My Health Toolbox, health and medical information is kept strictly confidential. Only participants view their medical or health test results.

Employers also receive:

- Aggregate employer reports which summarize company health risks and their associated costs (employee personal health information is never shared with, nor accessible by, employers).
- Basic information about the top health risks affecting the company, including (but not limited to) newsletters, podcasts, superior options documents and Hyperhealth reports.

Employers determine how frequently My Health Toolbox is used (for example, semiannually or annually).

A Cost-Effective, Convenient, Proactive Solution

If you tried to build My Health Toolbox yourself, you'd soon spend a lot more money (and time) than the Toolbox actually costs:

	Cost (open market)
Body pH Test	\$ 66.00
Health Risk Assessment	\$ 40.00
Blood pressure screening	\$ FREE
Basic blood test.....	\$ 120.00
Employer Health Risk Reports (per-employee cost listed)	\$ 12.50
Foundation Health Forum newsletters.....	\$ 36.00
Superior Options, Hyperhealth and other reports	\$ 60.00
Health Coach Lunch n Learn	\$ 150.00

Open Market Cost: \$484.50 / person

Your Cost: This prepaid wellness program is included once per year for employees and spouses covered under the Sensible, Sensible Basic, Preferred and Deluxe Medical Plans of Employers Resource Benefit Trust.

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