

## Disease management source list

<b>Blue Cross &amp; Blue Shield of Rhode Island</b> 500 Exchange St. Providence, RI 02903 (401) 459-5000 www.bcbsri.com	Plan Name	Blue Cross & Blue Shield of RI
	Availability	All states
	Minimum and maximum group size	There is no minimum or maximum group size requirement for this program.
	Needs assessment details?	For members: Through an individualized assessment of member needs; member needs are also identified through analysis of gaps in care. For employers: Conduct custom account profiles to recognize trends in account membership in order to identify opportunities to improve care among its membership.
	What are the providers?	In-house
	Communication	Telephonic, newsletters, targeted mailings, secure emails, physician collaboration, web.
	Motivational tools	Motivational interviewing, self management tools, incentive programs.
	Cost savings metrics	Inpatient and emergency room utilization metrics
<b>Limeade</b> 2002 156th Ave NE, Suite 200 Bellevue, WA 98007 (888) 830-9830 www.limeade.com	Plan Name	Limeade
	Availability	All States
	Minimum and maximum group size	For groups with fewer than 250 employees, certain minimums apply. No maximum size limit.
	Needs assessment details?	Employer needs: We conduct initial discovery (and thereafter use our workforce intelligence dashboards) to create targeted programs for every employer. Participant needs: Self-report (and, optionally, claims feeds and biometrics) fill our recommendation engine. We build targeted performance improvement plans for every employee -- not just the most costly.
	What are the providers?	Limeade connects ("routes") users to a broad array of in-house and external interventions, including web-based improvement tools, traditional disease management programs, health coaching, EAP and behavioral counseling, biometric screenings, flu shots, clinical services, smoking cessation and more.
	Communication	We communicate with employer administrators and employee participants using email, mobile applications and gadgets, web browser and promotional materials.
	Motivational tools	Limeade is an "applied behavioral science system" -- although it comes across to employees as fun, engaging and simple. The combination of these two approaches leads to extremely high engagement numbers. We rely heavily on the massive social dynamics of the workforce to help drive change, including challenges, peer support and more.
	Cost savings metrics	Limeade predicts ten times more of the variance in productivity than health-risk-only approaches. We expect 50 percent to 100 percent assessment completion, 25 percent to 75 percent population-wide, ongoing engagement. Most importantly, we deliver the high-ROI wellness blueprint much more cost-effectively than "all in one approaches" -- and can measure this for employers. We have no set-up fees and leverage existing plan and benefit resources.
<b>Longitude Health Inc.</b> 225 DeMott Lane Suite 203 Somerset, NJ 08873 (732) 790-5400 www.longitudehealth.com	Plan Name	MyHealthVillage Integrated Health and Wellness
	Availability	All states
	Minimum and maximum group size	150 and up
	Needs assessment details?	HRA, biometric collection, claims data
	What are the providers?	In-house
	Communication	Complete package of communications across media types
	Motivational tools	Value-based incentives integrated into benefits plan design plus social (status) and support
	Cost savings metrics	Pre-post cohort analysis

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<p>Nurtur Health, Inc. 20 Batterson Park Rd. Farmington, CT 06032 (800) 293-0056 www.nurturhealth.com</p>	Plan Name	Nurtur Performance, Nurtur Wellbeing, Nurtur Life
	Availability	All States
	Minimum and maximum group size	Nurtur offers programs designed to fit any group size. Our solutions help people at all life stages address the barriers that get in the way of health as well as the health issues that complicate life. We provide comprehensive online support and resources, unlimited telephonic consultation and referrals (Life Stage Support) and telephonic health coaching (Lifestyle Management and Disease Management) that, together, seamlessly support all aspects of work, life and health.
	Needs assessment details?	Solutions from Nurtur help people at all life stages address the barriers that get in the way of health as well as the health issues that complicate living. The breadth of programs and services represents the strategic integration of life and health, and are offered in three product families: Nurtur Performance work-life & EAP, Nurtur Wellbeing health & wellness, and Nurtur Life work + life + health. Disease management programs include Back Pain, Behavioral Health, Depression, Diabetes, Heart Failure, Coronary Artery Disease (CAD), Asthma and Chronic Obstructive Pulmonary Disorder (COPD). Nurtur has achieved full URAC and NCOA disease management accreditation for asthma, COPD, CAD, heart failure and diabetes programs. Implementation is customized and flexible to fit the culture, communications approach, economic realities and operational structure of each client's organization and population. To leverage its capabilities most effectively, Nurtur is willing and able to work with other vendor partners, or to utilize components of its solutions in conjunction with existing client or vendor programs to build the best customized approach for each population.
	What are the providers?	Nurtur employs a multi-disciplinary approach with Health Coaches representing a range of healthcare backgrounds including registered nurses, registered dietitians, respiratory therapists, certified diabetes educators, behavioral health specialists and exercise physiologists. Each participant in an outbound telephonic health coaching program is matched with a Personal Health Coach. Specialty Clinicians provide additional, personalized support whenever needed to help achieve specific health goals. Additionally, Nurtur recognizes the importance of a strong relationship between individuals and their physicians. The Company works with network providers to facilitate and enhance communications between doctors and patients through efforts including physician referrals, adherence to treatment plans and satisfaction surveys.
	Communication	As a leading innovator in providing best-in-class health management, Nurtur has distinguished itself from its competitors through its PeopleCare™ approach to member management as well as its ability to integrate with other care managers to provide optimal health management for each participant throughout the entire continuum of care. Customized and multi-channel communications are sent to eligible individuals who are identified through multiple data sources to encourage engagement. The first outreach call with an individual is a conversation, not a script, to discuss the individual's knowledge of his or her medical condition and ability to understand and act on basic health information. Once enrolled, all participants in chronic care management programs are supported by Transformations, the Nurtur proprietary mail-based intervention (MBI). Much more than a traditional health newsletter, Transformations is a true empowerment tool to engage members with chronic conditions to become active self-managers of their health issues.
	Motivational tools	Nurtur Lifestyle and Health Coaches are trained in extensive motivational interviewing and other advanced techniques that enhance their abilities to connect with individuals, establish relationships and encourage lasting change. Through understanding, we can help them find the motivation - not just provide education - to do something about their health. Participants enrolled in low, moderate or high health coaching levels receive disease-specific educational mailings as well as appropriate compliance tools and a personalized care plan. Additionally, all participants can access 24/7 online support through MyNurturLife.com, the comprehensive life and health member website offering resources and tools for virtually any issue from Healthy Living and Emotional Wellness to Financial & Legal as well as Consumer Issues.
	Cost savings metrics	Our programs lead to improved productivity in an employer's workforce and they help mitigate employee health costs. We believe in complete transparency regarding program measurement and outcomes. Nurtur uses our own Stepwise Approach for evaluating program results and estimating Return on Investment (ROI) from our programs. This methodology has been accredited by the Population Health Impact Institute's (PHII) Methods Evaluation Process (MEP) Accreditation Program. The key components in evaluating savings are participation, utilization, outcomes, and financial evaluation.

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<p><b>Quest Diagnostics</b>                  10101 Renner Blvd.                  Lenexa, KS 66219                  (913) 577-1882                  www.blueprintforwellness.com</p>	Plan Name	Blueprint for Wellness
	Availability	All States
	Minimum and maximum group size	Quest Diagnostics Blueprint for Wellness emphasizes integrating data to promote proactive and strategic health management for employees and employers. We attain these outcomes by integrating data gathered at an employer's worksite or through our remote kit program option, including health assessment, biometric (height, weight, and blood pressure) measurements and, most importantly, the results from 30+ laboratory tests performed. We have a 20 participant minimum before a "small group" fee is applied. There are not maximum group sizes. We can accommodate any size group.
	Needs assessment details?	The client must provide an eligibility/employee roster. Acceptable formats include Excel, CSV, MS Access. We can provide an Excel template with the header row included. Each participant must be uniquely identified. Ideally the unique identifier will be the Employee ID from the client's HR system, or the BrinkerHeads individual Member ID from the insurance carrier. The participant's SSN may be also be used as the identifier. If this is the case, leave the UNIQUE_ID field blank and put the SSN in the SSN field – this will allow us to suppress the SSN wherever possible. If spouses are included in the eligibility file, they must be distinguishable from the eligible employee, either by providing their own unique ID or by using the employee's unique ID plus "S".
	What are the providers?	Individual examiners/phlebotomists are contracted through Quest Diagnostics' wholly owned company, ExamOne. The ExamOne company has been an integral part of our wellness service for over 7 years. ExamOne provides contracted examiner support services for our event-based needs through a network of owned and affiliate ExamOne national offices. The national mobile examiners will provide onsite wellness event biometric measurements and specimen collection. Event staff are managed, trained, and certified by Quest Diagnostics Wellness employees and managers. All wellness programs must have third-party physician oversight. Our partner, Physician Wellness Network provides 1) the order for all eligible participants 2) the contact with the participant for alert level laboratory results, and 3) the official release of the results to participants. This level of oversight is required to meet regulatory, accountability and liability associated with biometric wellness programs. The physician network is unprecedented among employer-based wellness programs and critical to immediate identification and intervention of serious health issues. The Wellness Team responsible for the customer's account are all full time staff employed by Quest Diagnostics.
	Communication	Quest Diagnostics assists each client in designing and implementing a communications plan for their Wellness program. Quest Diagnostics has developed a Marketing Toolkit for employers to customize and use to announce and communicate the wellness program to their employees. Our Blueprint for Wellness Marketing Toolkit provides templates, timelines, and suggestions to support the client in developing the most effective communication tool for their employees. Communication and coordination between the client's facility leaders, the wellness team, and the customer support team will create a culture that supports, drives, and facilitates employee participation. Our toolkit promotes understanding and the ease of participation in the company's wellness program. We help the client manage communications by pulling from our best practices and experiences. The Toolkit is provided at no cost to the client, however if special posters, mailers or other marketing materials are requested by the client, design and printing charges may apply. Along with a complete marketing toolkit provided on CD, Quest Diagnostics is proud to provide an opportunity to our Blueprint for Wellness Clients to bring our Wellness Ambassador, Bill Germanakos, NBC's Season 4 Winner of "The Biggest Loser" reality TV series, to the kick-off events arranged by the client. As a client of Quest Diagnostics Blueprint for Wellness program, we would be able to schedule Bill Germanakos to attend the client's kick-off event to highlight and garner excitement for launch of the Wellness Program. Bill inspires the audience by telling his story of transformation from obesity and unhealthy living and how to set and achieve goals in everyday life. Bill's speaking engagement at a kick off event is no additional charge for clients of Quest Diagnostics.
	Motivational tools	Success of a company's wellness program has been directly linked to the offering of incentives for completion of the HRA and screening process. There are many different kinds of incentives that companies can review that will fit within their budget, corporate culture and benefit plan. Study upon study directly correlates high participation in a wellness program with the incentive that is offered. Quest Diagnostics has the capability to provide vendors with a data feed that includes all laboratory results and biometric measurements. We are able to provide participation information to the customer's vendors for use in reporting, and incentive administration.
	Cost savings metrics	Offering a Total Wellness Program, including HRA and laboratory screening can yield a 4.8 to 1 cost savings.