

Our high-touch, onsite and telephonic experience provides clinically-based interventions that improve member health.

# Biometric Screenings

Our flexible screening options are provided by CHC employees and give a clear picture of an individual's health risks. We'll meet employees where they are—whether in the office or working from home.

# Health Coaching

No matter what your company's goal, we have the right coaching program to help. Our programs help participants set goals, make healthy choices, and leverage their strengths to make the small health improvements that lead to big results.

#### **Educational Tools**

CHC's digital platform creates personalized health journeys tailored to each individual's health risks, lifestyles and interests.

Members can find support for emotional, financial and physical health issues and learn at their own pace.

### Challenges and Habit Builders

Through fun, customizable challenges and our online habit builder, we get participants more active, making healthier choices and inspiring a healthy workplace culture.

# Activity and Incentive Program

Drive engagement with our customizable rewards program. We make it easy to promote and reward your employees for participating in year-round, healthy activities.

For more information contact us at sales@chcw.com or reach out to your CHC representative.