

# PRIVATE CLUB INDUSTRY

## “END-TO-END TURNKEY WELLNESS PROGRAM”

### OVERVIEW

Everyone knows a healthy happy workforce is good for productivity and morale, reduces absenteeism and can lower health care costs. **But who has the time, resources or expertise to design, build and execute a comprehensive wellness strategy?** We do!

Not only do we have the time, but we have the resources and expertise to help you, even if you have an extensive wellness program in place or are just getting started. Prevo has packaged the most effective wellness tools in one easy to follow program so you can spend your valuable time and resources on more pressing issues.

When we say END-TO-END, we are referring to a wellness program that begins where you are today and if you qualify, we can help you reach the ultimate goal of self-funding.

When we say TURNKEY, we are referring to a wellness program that is ready to implement.

**We understand wellness is important to you but it may not be mission critical.** We know “Wellness” never seems to make it to the top of the “to-do list” and yet it should....Insurance costs are expected to increase at double-digit rates for the foreseeable future and private club managers will need to find ways to control or shift costs to employees, increase revenues and/or dues to pay for the annual increases. That said, everything you do from this point forward will affect your insurance premiums, employee morale and your ability to retain and recruit healthy employees.

In summary, Prevo offers an **End-to-End, Turnkey, Employer Driven Health & Wellness Program** designed exclusively for the Private Club Industry that offers all the benefits of having a dedicated wellness staff.

### CONTINUITY

Numerous studies show continuity is the key to creating a healthy culture and to modifying behavior. If lower premiums, improved productivity or higher morale is what you want, our Turnkey Wellness Program is the solution.

Each month we deliver a new “Monthly Theme”, fresh and relevant content and all the tools needed to manage the process. The end result is an increase in participation and engagement, reduction in your health care costs, improved productivity and morale and a reduction in absenteeism.

Each month you will receive all the materials and education needed to engage your employees, spouses and dependents at-work, at-home and online. Employees access the web portal using smart phones and begin by setting personal goals and completing a Health Risk Assessment (HRA). They will then receive personalized and prescriptive online workshops, meal plans, exercise plans, incentives, challenges and health coaching. In addition, we create the flyers, posters, emails, text messaging, so all you have to do is distribute to the employees.

We design and create challenges tied to the monthly theme and you provide the incentives. We offer weekly webinars that focus on the monthly theme and we invite employees, ambassadors, chefs and club management to participate.

## PROGRAM ELEMENTS INCLUDED

PROGRAM ELEMENTS	OUTCOMES
Wellness Portal	Accountability & Measurement
Health Risk Assessment hosted on Portal	Personal and Prescriptive to-do lists
Monthly Theme hosted on Portal	Example: “Leafy Greens”
Monthly Challenge hosted on Portal	Activity & Points Based Incentive
Monthly Posters Delivered Digitally to Club	Workplace Visual Reminders
Monthly Reporting	Accountability & Analysis
Monthly Support (2 hours per month)	Program Development & Trends
Weekly Email Delivered Digitally to Club	Speaks to the Risks or Conditions
Weekly Take Home Flyers Delivered Digitally to Club	Spouse and Dependents
Weekly Farm to Table Basket Program	Feed the Family
Weekly Wellness Wednesdays Program	Recipes, Labels, Ingredients tied to Monthly Theme
Weekly Webinar – Staff or Member	Online Education tied to Monthly Theme
Daily Text Delivered Digitally to Club	Inspirational Reminders
Health Fairs & Speakers – Included in fee	Team building, education
Recognition Program	Ambassadors & Employees
Health Coaching (Optional)	Billed to Health Plan - Prevention

## WE PLAY WELL WITH OTHERS

The Prevo Turnkey Wellness Program is designed to augment your existing wellness programs or activities i.e. Health Fairs, Health Risk Assessments, newsletters, printed material, lunch n’ learns and challenges. Likewise you may even have a great relationship with your health plan, local hospital and broker as they provide free or low cost resources, content and speakers. But more than likely the vast number of employees have not engaged which leaves you scratching your head wondering what it takes to increase participation and engagement.

Our Turnkey Wellness Program is not meant to replace your broker, health plan or local relationships with service providers. Rather, we encourage you to continue to leverage the relationship and integrate what works with the Prevo Wellness Program.

## ENGAGEMENT

Engagement and participation depends on a lot of variables and no two clubs are exactly alike. To maximize engagement the club must have an Executive level commitment, followed by an understanding of the population (Health Risk Assessment or Member interest Survey).

Once you know the risks and conditions of the population, the club can then design programs, education and incentives to meet the needs of the populations. Unfortunately, this is where most clubs have difficulty as there are limited resources or time to design, build or execute the wellness strategy.

The Prevo Turnkey Wellness Program is designed to change the way employees think about health care and the relationship between the employer, the insurance company and the employee.

## RETURN ON INVESTMENT

For every dollar invested in wellness, you should expect to see a return of 3-6 times the investment. Specifically, we can help lower your annual increases if you are fully-insured, and if you are self-funded, we can help lower your claims. Either way, wellness will save you money in the long-run.

In addition to a financial return on investment, you will notice an increase in productivity and morale, a reduction in absenteeism and worker compensation claims and an improvement in presenteeism. While these improvements may be difficult to measure, they are all part of the benefits of a healthy workplace.

## PRICING

For just \$10 per employee per month and a nominal one-time set-up fee you get everything included above in the Program Elements. Club is invoiced monthly as part of an annual agreement.

If you are not ready to commit to the Turnkey Wellness Program, we suggest the club take the **CEO Pledge**, a 90 day program to help get familiar with the elements of a turnkey wellness program. Note: the CEO Pledge is included in the Turnkey Wellness Program.

## GETTING STARTED

The Prevo Turnkey Wellness Program can be implemented by every club, regardless of the number of employees or your current health plan. The program works with clubs that have a controller, a human resources manager or an outsourced PEO.

To see if your club qualifies, please complete the online Wellness Survey now.

For more information please call us at 888-321-1804, visit the website at [www.prevohealth.com](http://www.prevohealth.com) or send us an email at [info@prevohealth.com](mailto:info@prevohealth.com).



**VISION**



**ALIGNMENT**



**EXECUTION**