



A strategic worksite wellbeing program could improve the health, happiness and productivity of your employees. Tufts Health Plan's Momentum+ worksite wellbeing solution offers the support and resources you'll need to plan and implement a program that can energize your workforce - at no additional cost.

MORE SUPPORT FOR YOU

Your company is unique, and so is its workforce. That's why Tufts Health Plan will help you build a wellbeing program tailored to your environment. Our certified Health and Wellbeing Consultants can support you every step of the way, from development to implementation to evaluation. With our Momentum+ worksite wellbeing solution, you'll have access to resources like:

CERTIFIED HEALTH AND WELLBEING CONSULTANT

- + Provides individual service and expertise

WORKSITE WELLBEING TOOLKIT

- + Provides assistance in building programs based on evidence-based practices
- + Includes Seven-Step Worksite Wellness Development Model

MOMENTUM+ HEALTH PORTAL

- + Contains over 50 health and wellbeing topics
- + Organizes a variety of wellbeing activities
- + Tracks participation
- + Generates scheduled reports

COMMUNICATION MATERIALS

- + Promote and drive engagement

SEVEN STEPS: BUILDING A CULTURE OF HEALTH



CONTINUED 

MORE CHOICES FOR YOUR EMPLOYEES

With Momentum+ your employees have the freedom of choice. The Momentum+ Health Portal provides your employees with access to a variety of wellbeing programming. They can choose activities based on their personal health and wellbeing goals and complete them at their own pace. You can engage your workforce and encourage success by incentivizing participation with awards like group premium reductions, HRA/HSA funding, extra vacation time and gift cards etc.

On our Momentum+ Health Portal your employees can choose from:



PLEASE CONTACT YOUR ACCOUNT MANAGER TO LEARN MORE ABOUT MOMENTUM+ AND HOW YOU CAN USE IT IT CAN BE INTEGRATED INTO YOUR CULTURE OF WELLBEING STRATEGY FOR YOUR EMPLOYEES.

*Available to all fully-insured groups; self-insured groups have an option to buy up.

Legal considerations when delivering wellness programs include compliance with: Health Insurance Portability and Accountability Act (HIPAA), Americans with Disabilities Act (ADA), Patient Protection and Affordable Care Act (ACA), Genetic Information Non-Discrimination Act (GINA), Equal Employment Opportunity Commission (EEOC rules and regulations).

General guidelines for wellness programs: Participation in wellness programs must be voluntary, Medical information obtained must be kept confidential, Should not be used for making employment decisions, Must be offered to all similarly situated individuals, Reasonable alternative standards must be available for certain program.

It's always a good idea to consult with your legal counsel when designing wellbeing programs.