



PreventionLink Health and Wellness Program

Minimizing lost workdays and keeping your employees healthy is no simple task. However, TargetSafety and American Specialty Health Incorporated (ASH) and its subsidiary Healthyroads have teamed up to make your job a little easier.

Using ASH's Healthyroads.com wellness portal—now accessible from within PreventionLink—employees can access a number of interactive and engaging online tools, such as:

- A personal health assessment
- Self-guided, multi-media courses
- Daily health tip emails
- Educational articles
- Exercise and nutrition planners

And, they can do it while using PreventionLink to complete their daily job training and compliance responsibilities.

The Healthyroads® Program Promotes:

Healthier, and happier, employees

- The online tools provide individuals with the information needed to make better lifestyle choices.
- The portal's motivational components help participants stay on track.
- The availability of a workplace wellness program improves morale and helps with employee retention.

A reduction in absenteeism, illness, healthcare costs, and worker's compensation claims

- The program addresses the employee's overall well-being, providing practical suggestions for staying healthy.
- All of the content targets changeable behavior (such as smoking, diet, stress, etc.), which is responsible for 70 percent of today's healthcare costs.
- Courses, articles, and planners give workers the tools they need to stay healthy, and safe, while on the job.

Benefits also include:

Access to additional ASH add-on services, including worksite wellness programs and lifestyle coaching

- Onsite health screenings aggregate employee data and can be used to help your organization uncover specific areas of risk.
- Health coaches offer employees one-on-one guidance, helping them identify unhealthy behaviors, set goals, and provide moral support.

PreventionLink™



Features

Seamlessly integrated into PreventionLink, Healthyroads.com provides employees and PreventionLink program administrators with:

Single Sign-on Access

- Once logged in to their PreventionLink account, employees can quickly take advantage of the online tools from Healthyroads.

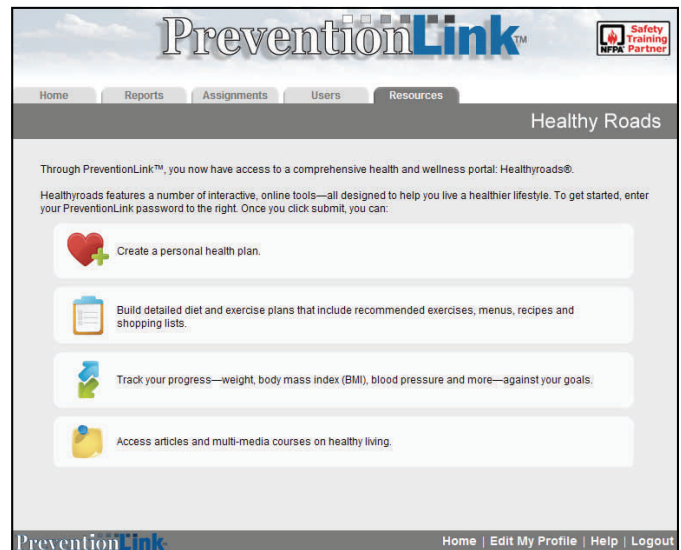
Custom Activity Templates

- To increase participation, PreventionLink administrators may assign, and even customize, any of the following Custom Activity templates:

- Introducing Healthyroads
- Complete the Personal Health Assessment
- Create a Nutrition Plan
- Create an Exercise Plan
- Track an Online Course
- Track Your Progress
- Visit Healthyroads

URAC Accreditation

- Healthyroads is accredited by the URAC (formerly the Utilization Review Accreditation Commission), a leading independent organization that promotes healthcare quality through its accreditation, education and measurement programs.
- The program, and delivery through PreventionLink, also conforms to HIPAA privacy and security guidelines.



From within PreventionLink, employees have access to their personal Healthyroads account.



Using Healthyroads, you and your employees can find the latest health and wellness information—delivered in an engaging and interactive format.

PreventionLink is a comprehensive suite of online risk management, training, communications, and compliance systems. Built on an exceptional technology platform and including powerful analytics, PreventionLink offers a wide range of solutions to meet the needs and budget of public entities at every level. Today over 2,500 public entities use TargetSafety's PreventionLink to realize their strategic, operational, financial, and compliance goals. Founded in 1999, TargetSafety is the leading provider of online enterprise risk management solutions to public entities in the United States. The company is headquartered in San Diego, California.

TargetSafety

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