



Overview

Elmbrook Schools is committed to offering support and benefits that create the happiest, healthiest workforce. By providing the right care, at the right time, with the right outcome, at the right price, employees and their family members can enjoy a long and active lifestyle. To assist with this journey, we introduce Elmbrook HealthMates, the very useful tool in your health and wellness toolbox.

Elmbrook HealthMates is an Elmbrook Schools' initiative in partnership with Milliman HealthIO, a health tech company focused on prevention & management of chronic conditions and overall health & wellness. By using simple health devices and software, the goal is to improve your overall health, while preventing potential adverse medical events.

Advantages

Through the Elmbrook HealthMates program, you may get the following benefits:

- Better overall health and wellness, increasing the potential to reduce medical expenditures
- Lifelong healthy habits, with the ability to avoid and manage chronic health conditions
- Ability to better manage chronic health conditions
- More involvement and deeper understanding of your personal health
- Healthy engagement with friends and family members
- Involvement in a revolutionary change to the healthcare industry

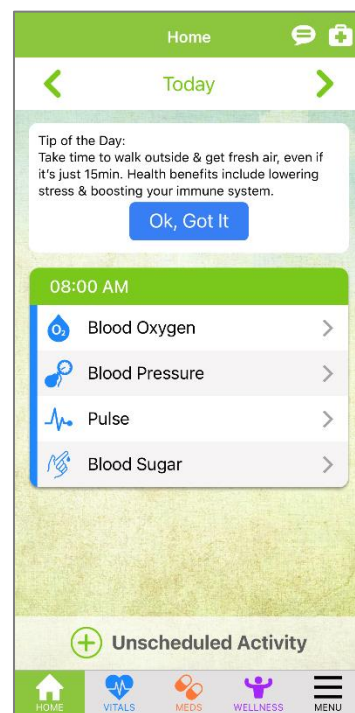
Devices

Your HealthIO kit contains state-of-the-art devices that provide an in-depth look at your health; it consists of a Smart Scale, Blood Pressure Monitor, Pulse Oximeter and Glucometer that pair with your smart phone via Bluetooth. These easy-to-use devices transfer data into your HealthIO app as you record your vitals. Using the devices is as easy as pushing a button, but there is also a team of support professionals eager to help, should you need it.



App/Software

You will manage key aspects of the Elmbrook HealthMates program using the HealthIO app, which is free to download from the Apple Store or Google Play stores. Once you've customized your app to suit your needs and your wellness journey, you can start measuring your vitals and programming wellness and medication reminders to fit your schedule and your journey.



Health Coaches

The program now offers health and wellness coaching. Using video conferencing, the coaches work in both 1-1 and group settings to help motivate you to make healthier life choices, take ownership of your health and offer support to you. They work with you to understand your individual challenges and guide you in achieving your goals. The program is offered by invitation only.

Incentives

The program also offers some rewards and incentives to make it fun as well as keep you on track – motivating and rewarding you on your journey to better health and wellness. By becoming an Elmbrook HealthMates participant, you will be eligible to receive incentives along the way, but more importantly, you will be rewarded with motivation, support, and data to help you make the best decisions about your health.

Confidentiality

Confidentiality and security of your health data are paramount, and all the necessary steps have been taken to ensure that your data is protected and compliant with HIPAA regulations. It is important to note that Elmbrook Schools will not know your level of participation, your vitals, goals, or adherence within the program.