

# Business Health Programs

At Greenville Health System (GHS), we recognize that the current healthcare model no longer effectively meets the healthcare needs of our community, and we are confident that population-based care is the new model of care. Developing direct relationships with regional businesses and forging partnerships that enhance outcomes and manage costs are key in that transformation.

GHS remains dedicated to providing high-quality care, safety and performance for those we serve. In short, we strive to deliver the right care, at the right time, at the right place—at the right cost.

GHS' Business Health program offers employers a comprehensive approach to improve the health and wellness of their employees. As the leading healthcare organization in the Upstate committed to healthcare value, GHS offers a variety of services that can be tailored to meet a company's individual needs. We hope to have the opportunity to partner with you to increase employee satisfaction, improve employee health and decrease cost.

GHS has worked with local employers for more than seven years to address their healthcare needs. Some of our regional business partners include ScanSource, Magna Drive Automotive, City of Easley, Alice Manufacturing and D&W Fine Pack.

Our partners are achieving the following goals by providing and promoting health and wellness services for their team members:

- Reduce healthcare costs
- Attract and retain valued employees
- Reduce absenteeism
- Increase productivity
- Improve employee satisfaction
- Avoid and reduce catastrophic insurance claims

We are committed to a healthier community and look forward to working with you for the betterment of your employees. Below you will find a summary of all the Business Health services GHS can provide for your business and employees.

## Employee Health Screenings

Onsite screenings are customized for your business to include biometric analysis, venipuncture (blood draw), health risk assessments, personal health reports, Group Health Profile (aggregate company report), and HR Insight (financial modeling to calculate ROI/savings based on lifestyle, behavior and health status changes).

Based on the Group Health Profile and HR Insight, the GHS Business Health team will recommend and create a health and wellness program to help achieve financial and workplace health goals.

## Wellness Education Sample Offerings

- Know Your Numbers
- Metabolic Syndrome
- Salt Sense
- Workstation Fitness/Ergonomics
- Fat Counts
- Pre-diabetes Education
- Incorporating Fitness into Your Day

## Five Phase Wellness

Five Phase Wellness is designed to improve the health and wellness of a business population by providing individualized wellness coaching. Employees are stratified in to five phases of wellness with Phase 1 as the unhealthiest (highest risk) and Phase 5 as the healthiest (lowest risk) based on the following risk factors (in order of priority): A1C, tobacco use, and waist measurement. The employee's lipid panel may also be reviewed for additional risk factors which include: LDL cholesterol, triglycerides, HDL cholesterol and total cholesterol.

Employees in Phase 1 and 2 meet with the Nurse Practitioner four times per year (30 minutes each session), Phase 3 employees meet with a Health Educator two times per year (30 minutes), Phase 4 meet with a Health Educator one time per year (15 minutes), and Phase 5 meet as a group with a Health Educator (15-30 minutes), with time for questions after the group session.

## QuitWell

### *Tobacco Cessation Program*

The GHS tobacco cessation program is based on the Freshstart program of the American Cancer Society. QuitWell consists of one small group class each week for five weeks. Topics covered include nicotine replacement therapy (NRT), planning a quit date, finding support, uncovering triggers, planning ahead for future stressors and much more. The combination of education, discussions, learning about NRT, and having a support group is scientifically proven to generate extremely positive smoking cessation results. QuitWell can be customized to meet each corporation's unique needs.

## LoseWell

### *Medical Weight Management Program*

LoseWell is a small group, medical weight management program open to adults over the age of 18 who are ready to change their lives. The 12-week program focuses on the importance of integrating exercise, nutrition, personal support and health coaching into a successful and unique program for each participant. LoseWell includes sessions with a registered dietitian, sessions with a health coach, a fitness center membership, a physician to assist with the clinical side of weight management, initial and final biometric screening and venipuncture (blood draw), psychological evaluations and support group structure. LoseWell can be customized for businesses to meet their needs, goals and budget.

## Support Group

### *Tobacco Cessation and Medical Weight Management*

GHS offers a tobacco cessation support group that meets weekly at the Patewood Memorial Campus. The medical weight management support group is offered bimonthly at the Life Center, Greenville Memorial Medical Campus, or Patewood Memorial Campus. These free support groups include education and discussion and are open to everyone.

## **On-site Employee Care Clinic Nurse Practitioner Program**

GHS will develop and manage an on-site clinic for your business staffed by GHS nurse practitioners. Our nurse practitioners treat certain acute and chronic injuries and illnesses, as well as monitor employees through the healing process. GHS offers a comprehensive list of wellness programs and disease management appointments that can be customized to meet the needs of your company. Clinic hours are flexible and can range from a few hours to 40 hours each week.

Other services include assistance in implementing an employee wellness program, referrals to a primary care physician (“regular doctor”) or specialized physician within the GHS network, and connection with employees’ physicians through electronic medical records (EMR) that can be accessed onsite or in the physician’s office.

## **Diabetes Self-Management**

GHS provides DSME (Diabetes Self-Management Education) according to need and as ordered by a provider. Patients learn how to understand the diagnosis and how to self-manage by understanding and incorporating the following into their lifestyle: healthy eating, being active, monitoring, taking medications, solving problems, reducing risks and healthy coping. Registered dietitians are available for nutrition counseling.

## **Care Management**

GHS provides intensive care management for high-risk individuals with telephone and face-to-face appointments, resulting in improved member outcomes, appropriate use of resources and decreased costs to the employer. Focus is given to members with chronic, high-cost diseases such as diabetes, heart failure, asthma, COPD and hypertension, as well as those with frequent utilization of the emergency department or inpatient settings.

Care managers work collaboratively with providers and high-risk members to develop individualized care plans based on diagnoses and resource utilization patterns. They then facilitate referrals to GHS self-management programs, including the GHS Diabetes Self-Management program, LoseWell and QuitWell.

## **Pharmacy Services**

GHS and Upstate Medical Pharmacy will provide prescription refill services for your business based on PBM (Pharmacy Benefits Management) approval. GHS will assign a pharmacist or designee who offers specialized disease management consulting to employees and will consult with the human resources department to make financially beneficial plan design changes for the employee and company.

## **PATH Membership (Partners Achieving Total Health)**

PATH is a partnership between GHS and the YMCA of Greenville. The initiation fee for PATH membership is waived, and membership provides access to GHS’ Life Center and all YMCA locations in Greenville County.

## **Fitness Training**

GHS offers personal trainers and group exercise instructors for both non-specialty classes (e.g., boot camp or circuit training) and specialty classes (e.g., Pilates and yoga). Not only are these individuals CPR and first aid certified, they also have national certification and/or an Exercise Science degree that equips them with the expertise to implement a professional and successful program at a GHS exercise facility or onsite at your business. Our trainers ensure safe and appropriate training levels according to health risks, age and ability.

## **Employee Assistance Program (EAP)**

GHS EAP provides experienced GHS counselors to assist businesses in developing comprehensive employee assistance services to address personal and work issues with the goal of enhancing health, well-being and productivity. EAP encourages wellness, early intervention and easy access to services when needed. EAP provides confidential assessment, short-term counseling, referral, case management, and education to individuals, couples, families and work groups. The goal of EAP counseling is crisis intervention, goal setting and problem resolution.

## **Occupational Medicine**

GHS Center for Health and Occupational Services (CHOS) offers an experienced staff that includes a board-certified occupational and environmental medicine physician, nurse practitioners and occupational health nurses. Employers can count on high-quality, specialized care for their employees, with a stay-at-work philosophy and a focus on disability prevention. CHOS provides the following services: workers’ compensation, acute injury care, physical examinations, OSHA-mandated medical surveillance, drug testing/breath alcohol testing, Certified Medical Review Officer (MRO) services, and routine and travel immunizations.

## **MD360<sup>®</sup>**

### *Convenient Care Centers*

MD360 is an innovative convenient care practice that’s open early, late and on weekends. It offers board-certified physicians who deliver the highest quality medical care in a family-friendly environment—from treating unexpected illnesses and injuries to conducting sports physicals. And, unlike other urgent care providers, MD360 is a gateway to the most comprehensive healthcare provider in the region—GHS.

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