



COACHING PROGRAMS THROUGH ANTHEM'S LIVEHEALTH ONLINE

Briggs & Stratton has partnered with Anthem to offer coaching for eligible medical plan participants who have high blood pressure, are experiencing back and joint pain, are at risk for diabetes or need to lose weight.

The programs connect participants with a specially trained coach to give guidance, support and education. The coach will work collaboratively with a board-certified doctor in a manner designed to complement traditional medical care. These programs also promote medication management and pharmacy compliance.

Participants can schedule their own appointments (7 days a week) and can meet with their coach at home, at work or on the go.

As a reward for participating in the program, patients will benefit from reduced copays for medications and supplies related to their condition.

HEALTHY BLOOD PRESSURE

High blood pressure is especially dangerous because people can have it for years without knowing. In fact, 1 in 3 Americans have high blood pressure, and less than half have their condition under control. Medical research has shown that lowering blood pressure reduces cardiovascular risk by 20% - 25% for heart attack, 35%-40% for stroke and by 50% for heart failure.

Once the participant chooses his/her coach, the Healthy Blood Pressure program provides a web-connected blood pressure monitor. The program follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.



HEALTHY BACK AND JOINT (Through SWORD)

Struggling with joint or muscle pain? Four out of 5 employees with chronic pain are not receiving expert-recommended non-surgical preventative care. Pain, muscle tightness, stiffness in the back and joints left untreated will continue to worsen as we get older. While there's no way to cure or reverse the disorder, there are tried-and-true ways to prevent it or keep it from getting worse. Doctors recommend a healthy diet, weight management and regular exercise. It may sound counterintuitive, but exercise strengthens the muscles around the joints to take the pressure off them.

Once you enroll, you are assigned a Doctor of Physical Therapy who will work with you to prevent and treat pain, help with recovery and more. You will get to select your own Physical Therapist, who will be with you throughout your program to answer questions and make sure you stay on track.

The Digital Therapist is accessible via the tablet that will be mailed to you. Our Digital Therapist uses motion sensor technology and artificial intelligence to guide exercises to completion and collects real-time feedback so your PT can adjust your next session accordingly. Get back to living a pain-free life!

HEALTHY WEIGHT

Nearly 40 percent of Americans 51 and older are overweight. Excess body fat increases the risk for high blood pressure, high blood sugar levels, high cholesterol and other chronic diseases.

Losing weight has many health benefits — and you don't need to lose that much weight to achieve them. Research shows that losing just 5% to 10% of your body weight may improve mental health and reduce your risk of cardiovascular disease and certain cancers. Losing weight also alleviates pressure on knees and joints, which can improve mobility.

LiveHealth Online creates an engaging experience where the participant and health coach can see real-time results with the use of connected scales. Start the journey to improve your health and live an active lifestyle.



PREVENTING DIABETES

Too much glucose in the blood for a long time can cause problems. High blood glucose, also called hyperglycemia, damages nerves and blood vessels. If not controlled, diabetes can lead to complications such as heart disease, stroke, kidney disease, blindness, nerve damage and amputations.

Participants in the diabetes program work with a coach to keep their blood sugar levels within a safe range to slow the progression of the disease and prevent other complications from developing. Once the participant chooses his/her coach, the program provides a web-connected scale.

OTHER COACHING RESOURCES

Briggs & Stratton has partnered with Marathon Health to provide health coaching and education resources for members with a variety of health concerns. Additionally, employees and dependents (even those not enrolled in a Briggs & Stratton medical plan) may participate in the tobacco cessation program.



Coaching

- Diabetes
- Weight loss/Diet/Nutrition
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Low Back Pain
- Tobacco Cessation
- Stress Management
- Sleep Issues

Online Health Workshops

- Alcohol Abuse & Drug Addiction
- Arthritis
- Asthma
- Cardiovascular Disease
- COPD
- Depression
- Exercise
- And more... log on to my.marathon-health.com.



LET'S GET STARTED!

Schedule a health coaching visit and view your wellness program.
802-500-3276 | my.marathon-health.com