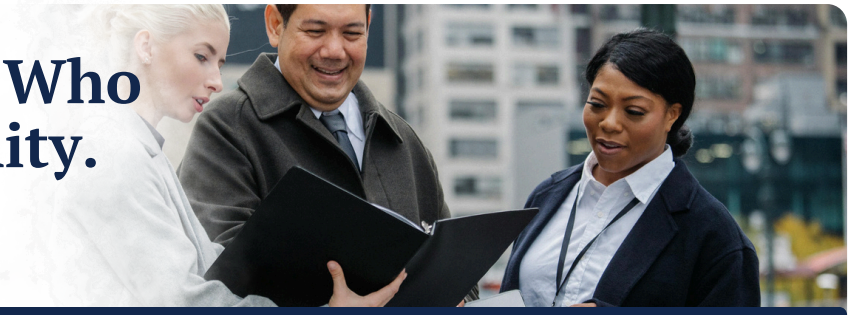
Invest in the People Who Serve Your Community.

Healthier Employees. Lower Healthcare Costs.



Your employees keep your community running. When their health suffers, so do productivity and healthcare costs. inHealth combines personalized clinical support with proven wellbeing programs to build a healthier workforce while protecting your budget.

Control Healthcare Costs

Identify health risks early and address chronic conditions before they lead to costly complications.

Strengthen Your Workforce

Support employee health, engagement, and productivity through meaningful benefits.

Reach Every Employee

Flexible virtual programs make participation easier across departments, shifts, and locations.

Individual Support *for Targeted Needs*

WELLBEING SPECIALISTS

Health Coaching

Serves: Employees who want individual guidance and accountability beyond a group setting.

- Personal goal setting
- Barrier identification
- Realistic action plans
- Lasting habit change

REGISTERED NURSES

Care Coordination

Serves: Employees managing chronic conditions who need ongoing clinical guidance and support.

- Blood pressure and glucose control
- Medication adherence
- Health improvement plan activation

REGISTERED DIETITIANS

Nutrition Counseling

Serves: Employees who need personalized nutrition guidance to improve their health.

- Nutrition assessment and education
- Meal planning strategies
- Behavior change support
- Coordination with the care team

OUR PROVEN RESULTS FOR LOCAL GOVERNMENT

A municipal employer that has connected screening, care coordination, and targeted programs since 2020 has seen:

98.7%
consultation participation

55%
reduction in prediabetes prevalence

15%
Increase in moderate- to high-intensity exercise

Above Average
Blood pressure, cholesterol, and blood glucose outcomes compared with national averages

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Group Programs That *Scale Across Your Workforce*

Group programs extend expert instruction to more employees at a lower cost per person. Most are virtual, so every department and shift can take part.

Flexible Programs. *Built Around Your Workforce.*

12 WEEKS | WEIGHT MANAGEMENT

Flourish

Builds lasting habits through nutrition, physical activity, and practical behavior changes.

10 WEEKS | SELF-PACED

Go Healthy: Mind + Body

Supports emotional wellbeing and stress management through mindfulness and practical exercises.

CUSTOMIZED FITNESS

BESTFit

Provides personalized fitness plans with expert guidance, instructional videos, and visual demonstrations.

30-MINUTE VIRTUAL WORKSHOPS

BESTCares

Connects employees with health professionals for practical guidance on healthier living.

4 WEEKS | NURSE-LED

Hypertension Mastery

Helps employees better manage blood pressure through nutrition, exercise, and stress management.

5 WEEKS | VIRTUAL GROUP

Tobacco Cessation

Provides education and support for quitting tobacco and vaping, including medication options and behavior change strategies.

4 WEEKS | 30 MINUTES WEEKLY

BESTYou

Encourages daily self-care and healthier habits through short, virtual sessions.

MATERNITY EDUCATION

Healthy Mom, Healthy Baby

Supports expectant and new mothers with education on pregnancy, childbirth, postpartum health, and newborn care.

Our program is supported by inHealth's digital platform, helping employees access resources, track progress, and stay engaged.

How inHealth *Partners With You*

1 Assess
Identify workforce health risks, priorities, and opportunities.

2 Launch
Engage employees through targeted communications and outreach.

3 Deliver
Connect employees with personalized clinical support and wellbeing programs.

4 Measure
Track engagement, health outcomes, and organizational value.

PROVEN PERFORMANCE

Results from an eight-year partnership with a large, multistate health system

$90M+
medical and pharmacy costs avoided

18.4%
lower cost per member per month vs. benchmark

97%
biometric screening participation

93%
annual wellness visit completion

Let's talk about building a healthier workforce. Together, we'll find the right solutions for your needs and budget.

inhealth4change.com | connect@inhealth4change.com | (800) 601-0175

A NEW RESOURCE FOR VIRGINIA COUNTIES