



# DESIGNED WELLNESS

POWERED BY ACEC LIFE/HEALTH TRUST



The ACEC Life/Health Trust is proud to offer Designed Wellness, a comprehensive wellness program designed to help improve the health, well-being and productivity of your workforce—and the potential to reduce your health insurance premiums in the process. It's all part of our vision to establish consulting engineering as the healthiest industry in the U.S. The best part? It's free to firms with medical coverage through ACEC Life/Health Trust.

Through our secure web portal, the program:

- Provides participants with information about their current health status
- Assists participants with setting realistic wellness goals
- Arms participants with the tools and resources they need to achieve success
- Helps participants manage their health care costs and benefit from a healthier lifestyle

## 3 Plan Options for Greater Health

You have the opportunity to choose one of three plan options that best meets the individual health needs of your firm. Employees and their spouses with medical coverage through ACEC Life/Health Trust are eligible to participate.



### BASIC PLAN

Our core wellness program: all ACEC Life/Health Trust member firms are automatically enrolled in this plan.



### PREMIER PLAN

You have the option to participate in this enhanced wellness program at your medical renewal. The plan includes additional features and up to \$300 in incentives for employees and their spouses.



### ACCOUNTABLE HEALTH IMPROVEMENT PLAN (AHIP)

Our most advanced wellness program, the AHIP includes up to \$400 in incentives for employees and their spouses. Participation is by invite only, and firms must administer a premium differential based on participation.

## The Benefits of Participating

Designed Wellness provides you with the opportunity to access the kind of wellness program usually reserved for large organizations. With Designed Wellness:

- All participation costs and incentives are fully funded by the Trust at no out-of-pocket cost to you
- You are investing in the health and well-being of your most valuable asset—your employees
- You will reduce absenteeism and improve on-the-job time utilization, decision-making and productivity
- You will attract and retain the right workers, as well as improve employee morale
- You will improve disease management, increase prevention and see a healthier workforce, all of which contributes to lower health care costs

**GET STARTED TODAY! FOR MORE INFORMATION, PLEASE CONTACT LINDSAY SIMONE AT [LINDSAY@ACECLIFEHEALTHTRUST.COM](mailto:LINDSAY@ACECLIFEHEALTHTRUST.COM).**