

**Eggers Industries**

“HFM has done an outstanding job of collaborating with us in our health and wellness program.”

Ann Duebner,
VP of Sales and Administration,
Eggers Industries



Eggers Industries saved \$750,000 in healthcare expenses.

By implementing Holy Family Memorial's Health Risk Assessment program, Eggers Industries **saved an average of \$250,000 ANNUALLY in healthcare costs over a three-year period.** This number reflects the number of actual dollars saved, as well as savings in employee productivity, lower absenteeism, and overall health improvement, which, in turn, help lower healthcare expenses.

Holy Family Memorial's Health Risk Assessment program is a comprehensive tool to evaluate your employees' health risks. The HRA provides employees and employers with aggregate information that can be compared year-to-year for benchmarking and success. It's completely confidential and includes a blood draw, blood pressure reading, several body measurements and health history.

Employee receives:

- All lab test results regarding cholesterol, triglycerides, total protein and more
- One-on-one review of lab results with a wellness specialist who will answer questions and offer suggestions of ways to make healthier lifestyle changes to improve the individual's health

Employer receives:

- Summary data regarding employee population
- Identification of top recommendations based on risks
- Ways to make changes to improve workforce health

HRA is just one of the Health & Wellness services HFM offers, such as corporate membership rates for the HFM Wellness Center for employers and their employees; smoking cessation; and customized health fairs and lunch & learns.

BREAKING IT DOWN.

- 4 Eggers employee groups were formed
- 3 of the 4 groups had healthcare premiums tied to HRA scores; the 4th group did not
- The 4th group (not tied to HRA scores) had claim increases each year for three consecutive years
- Over a three year average, the 3 groups saved \$250,000 annually by having their premiums tied to HRA scores
- Today, ALL employee groups have premiums tied to HRA scores