



My Benefits Coach

A comprehensive e-learning solution for teaching employees how to make better, more informed health care decisions—reducing your company’s health care cost by 10-15%

BUSINESS BENEFITS

Enables organizations to save up to \$1,350 on their health care costs per enrollee

Helps employees and their dependents make good decisions across all types of health care situations and topics

Provides employees with actionable guidelines to lead a healthier lifestyle

Improves employees’ preventative care utilization

Drives additional value from your existing wellness initiatives

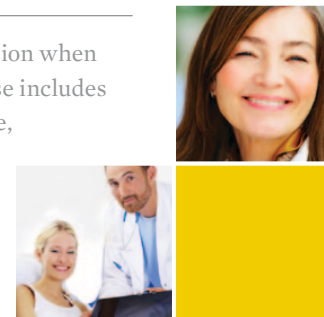
Health care costs continue to increase at rates of 8-10% per year with health care consumption driving an estimated 40% of that increase. Wellness programs and consumer driven health plans that were designed as key cost containment initiatives for many companies are having a minimal impact in reducing health care costs. Studies show that employees find health care too complex to make informed health care decisions or fail to make good decisions regarding their day-to-day health care needs.

My Benefits Coach addresses these challenges by providing organizations with a customizable, easy-to-use e-learning solution that drives the good health care choices that can dramatically reduce health care costs. Based on years of employee surveys and analysis on how individuals make health care-related decisions, My Benefits Coach targets those specific health care topics where increasing employee knowledge will have the greatest impact as well as known perception gaps. This interactive education solution also provides users with downloadable checklists and action plans on how to lead a healthier lifestyle.

Unlike health plan tools and medical websites that tend to address very specific medical conditions, My Benefits Coach is uniquely designed to help employees and their dependents make good decisions across all types of health care situations and topics. By leveraging a proven framework on what most influences employees’ understanding and perceptions of health care, employees are now more likely to remember and apply their health care knowledge to their daily health and wellness needs.

“Experian wants each employee to make an informed decision when it comes to selecting their benefit coverage, which of course includes health care. The Benefits and HR staff can’t be everywhere, and My Benefits Coach provides important information that employees can consider before making their coverage selections.”

Bob Fine
Benefits Consultant, Experian





CLC BENEFITS

My Benefits Coach

Available e-Learning Modules

Contact Us

www.mbc.executiveboard.com

EXBD_Support_CLC
@executiveboard.com

+1-571-303-3352

“When the HR team reviewed the e-learning modules offered through My Benefits Coach, we found that the modules fulfilled all of the first education requirements we had identified for our employees. The implementation was simple and within a short timeframe we had the e-learning sessions posted for employees and were tracking the utilization so employees could receive credit for our health premium incentive offered through our Wellness Program. We left it up and running from May through October and it met the definition of a successful program for our employees. So much so that we are offering the same modules again this year and adding the four new e-learning modules.”

Julie Schneider
Vice President, Employee Benefits
Bremer Financial



Understanding Health Insurance Real-life examples of employees selecting health plans and definitions of terms such as premiums, deductibles, and HRAs/HSA's

Partnering with Your Provider Checklists for how to prepare for a doctor's appointment and guidelines for how to describe symptoms and ask questions

Preventing Serious Health Issues Practical advice for how to improve health behaviors and avoid serious health outcomes

Managing Stress Tactics and recommendations on how to easily and effectively manage stress

Searching in the Right Places Tips for selecting credible health websites and searching online for health information

Staying Healthy in a Down Economy Information on smart ways to save when money is tight, like selecting in-network providers, mail-order pharmacy options, and generic drugs

Prevention for Men Guidance on why it's important to have an annual exam and how and when to get critical health screenings, such as prostate exams and blood pressure tests

Prevention for Women Guidance on why it's important to have an annual exam and how and when to get critical health screenings, such as mammograms and blood pressure tests

“I've Got No Time” Wellness Tips Tips and examples of opportunities for incorporating wellness into day-to-day work and life activities

Understanding Your Healthplan: PPO Explanation and definitions related to a PPO plan that allow an employee to use the plan well and make good decisions within it

Keeping Your Kids Healthy Guidance on how to keep kids healthy and practical tips on how to do so

Partial Client List

