Empower your employees to Achieve Well-being

Worksite Programs and Well-being Tools
For Employers with 51-99 Employees
Invest in employees’ well-being

Your employees are your company’s greatest asset, and their good health can positively affect workplace culture and productivity. Give your company a competitive advantage by launching a Worksite Well-being program and introducing our Achieve Well-being online tools to spark positive lifestyle changes for your employees.

A Worksite Well-being program that works in tandem with fun and engaging employee tools is an investment in both your company’s present and future.

New website helps you create a customized Worksite Well-being program

Your employees can achieve better outcomes for their unique health needs when you create a customized program through Independence’s new Worksite Well-being site: wellbeing.ibx.com. This new self-service site offers everything you need for a healthier, more engaged, and more productive employees.

Features of wellbeing.ibx.com:

Self-directed navigation: The new Worksite Well-being site gives you everything you need to build and manage your well-being program independently regardless of your organization’s size, budget, or experience with employee well-being programs.

Multi-dimensional approach to well-being: Our new total well-being approach broadens the scope of wellness beyond traditional physical programs to holistic programs that cover emotional, social, physical, and other dimensions.

Content to facilitate culture transformation: An expanded library of tools, forms, resources, and links helps you design a Worksite Well-being program that will motivate your employees to make positive lifestyle changes.

Vendor flexibility: The list of vendors for onsite services provides the ability to negotiate price directly with vendors and find the best service for your next wellness event.

Get started on building your Worksite Well-being program

Visit wellbeing.ibx.com

Benefits include: ¹,²

- Higher employee engagement and retention
- Greater productivity
- Positive morale and increased satisfaction
- Employee pride, trust, and commitment
- Improved recruitment success


New online tools help your employees manage their well-being

With new Achieve Well-being tools at ibxpress.com and on the IBX mobile app, you can empower your employees to take control of their health and well-being. These tools complement our Worksite Well-being program and, when combined, add a more in-depth level of employee engagement.

Achieve Well-being integrates seamlessly with technology your employees are probably already using, like mobile apps and digital health trackers, to track and motivate healthy behaviors. With access to programs, activities, and tracking that’s easy to use, your employees’ health may also improve, which is good for them and good for your company.

A personalized journey to improved well-being

With Achieve Well-being, your employees’ health and well-being goals become a reality. When they log in to ibxpress.com or the IBX mobile app they can create their own personal journey by:

Completing a Well-being Profile
It only takes 15 minutes to complete this easy-to-use health profile. Based on your employees’ answers, they’ll get a personalized report with recommended focus areas.

Starting a program
Employees can choose from hundreds of programs in each focus area to create a personalized Action Plan and daily activities to help them meet their goals.

Developing their Action Plan
After employees choose their program(s), their daily Action Plan will display any current programs they are participating in, as well as helpful articles, videos, and healthy recipes. They can also access a more expansive library of Health Content, or use the Health Navigator tool to search health topics.

Tracking their activity levels
Your employees can sync their fitness apps or devices (like FitBit®, etc.) to ibxpress.com or the IBX mobile app. Their personal data will be fed back to the Health Trackers tool where it will integrate with their Action Plan automatically, so they don’t have to manually upload it.

Collecting tokens and badges as they achieve their goals
Employees can earn tokens and badges for achievements, like completing the Well-being Profile, syncing a health tracking app, or successfully finishing a program.

Looking for daily encouraging messages and reminders
Along the way, employees will get helpful reminders and supportive messages about their programs via text or email.

Monitoring their results
A personalized well-being homepage shows individual progress and results.

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**Customize content to your organization’s needs**

Choose from an extensive library of resources to build your program, including:

- Seminars and videos
- Ready-made well-being challenges
- Operational wellness plans
- Workplace assessments
- Toolkits and communication templates to facilitate engagement

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**4 Primary Focus Areas**

- Physical activity
- Sleep
- Nutrition
- Stress management
Integrated information for a full health picture

If employees track their biometric data using Achieve Well-being — either through their wearable device or by entering in values — their data is integrated into their Personal Health Record (PHR). With the PHR, employees can print their health history to use in discussions with their doctors.

Motivate your employees with enhanced rewards

You can add incentives to your rewards program to motivate your employees even more. With these incentives, your employees earn badges and tokens that they can redeem for gift cards.

Interested in adding incentives to your rewards program?
Contact your account executive today.

Maximize employee engagement by launching a customized Worksite Well-being program in conjunction with the Achieve Well-being tools and your organization will benefit from healthier and more productive employees.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.