

# GPBCH MEMBER RESOURCE GUIDE



## Greater Philadelphia Business Coalition On Health

*“Building Bridges to Better Healthcare”*

The Greater Philadelphia Business Coalition on Health (GPBCH) is pleased to offer members access to benefits and services from other Coalition members and organizations dedicated to supporting population health improvement. Your GPBCH membership entitles you to these resources and special cost saving offers that can benefit your organization. See the following table of contents for information in this resource guide, which is also available with Member Login at [www.gpbch.org](http://www.gpbch.org).

**Be sure to take advantage of these exclusive resources and savings!**

## TABLE OF CONTENTS

### HEALTHCARE INFORMATION, VENDOR RESOURCES & SPECIAL OFFERS

#### Cancer Care

- Journey Forward (Genentech)
- Love Your Colon (Genentech)
- Report on Hospital Inpatient Cancer Care Services in SE PA (GPBCH& HCIF)

#### Caregiving

- Caregiver Action Network
- NEBGH Caregiver Guide

#### Chronic Condition Care

- Chronic Hepatitis C Virus (HPV) Infection (Abbvie)
- COPD Employers Toolkit (COPD Foundation)
- Gastroenterology (Abbvie)
- Managing Rheumatoid Arthritis (Abbvie)
- Strategies for Chronic Care (Boehringer Ingelheim)

#### Consulting Services

- Conner Strong & Buckelew (Audits & Compliance)
- Health Care Reform Dashboard (Ballard Spahr)
- Leapfrog Group Lives and Dollars Lost
- Special Risk Insurance Services (Forensic Analysis)
- TFG Partners, LLC (Health Benefit Plan Audit)

#### Diabetes Prevention & Management

- Centers for Disease Control and Prevention (CDC)
- Cornerstones4Care (Novo Nordisk)
- Diabetes Prevention Program (YMCA)
- Diabetes Resources (Sanofi)
- For Your Sweetheart (Boehringer Ingelheim)
- GPBCH Diabetes Prevention Program Case Studies Report
- GPBCH Regional Report for Type 2 Diabetes
- Journey for Control (Merck)
- Stop Diabetes @ Work (American Diabetes Association)

#### Education

- American Heart Association (CPR)
- Catalyst for Payment Reform
- Choosing Wisely
- CPR Ready
- Employee Education on Avoiding Medical Errors
- Hospital Quality and Safety
- Jefferson College of Population Health (JCPH)



## Health and Wellness

- AREUFIT Health Services
- Common Market Farm Share
- Financial Wellness Benefits (PeopleJoy)
- GPBCH Antibiotic Resistance Consumer Education Guide
- GPBCH Healthy Living and Eating Guides
- GPBCH Smoking Cessation Guide
- Health and Wellness Calendar (AIPM)
- Lifelong Financial Literacy (Clarifi)
- Merck Engage
- NovoNordskWORKS
- Nutritional Wellness Program (NutriSavings)
- Philadelphia Freedom Valley YMCA
- YMCA of Delaware



## Healthcare Navigation Vendors

- Accolade
- HealthAdvocate

## Mental Health/ Substance Use Disorder

- Action Brief
- Mental Health First Aid at Work
- National Alliance on Mental Illness



## GROUP PURCHASING

### Pharmacy Benefits Management

### Vision Benefits

### Centers of Excellence

### Employee Assistance

### Transparency Tools

### Variable Hour Employee Calculator





## HEALTHCARE INFORMATION, VENDOR RESOURCES & SPECIAL OFFERS

### Cancer Care

#### **Journey Forward (Genentech)**

To enhance continuity and coordination of care for cancer survivors, Journey Forward, a suite of survivorship planning tools and educational resources, was developed for the oncology and primary care provider communities and survivors. <https://www.journeyforward.org/>

#### **Love Your Colon (Genentech)**

Love Your Colon is a free resource for providers, health plans, and employers to work together to increase colorectal cancer screening rates and reduce mortality associated with colon cancer through prevention, early detection and treatment. <https://www.loveyourcolon.org/>

#### **Report on Hospital Inpatient Cancer Care Services in Southeastern Pennsylvania (GPBCH & HCIF)**

In partnership with the Health Care Improvement Foundation (HCIF), the Greater Philadelphia Business Coalition on Health (GPBCH) has produced a summary report on hospital inpatient cancer care services in Southeastern Pennsylvania. Six measures for which data were available were examined in this report: hospital volume, hospital safety, compliance with cancer clinical care standards, nursing care excellence, patient experience with care, and cancer care clinical quality. The findings suggest that the region's hospitals do differ in the quality and safety of cancer care services. Consumers are encouraged to use this information in speaking with their doctors and deciding where to seek care when faced with a diagnosis of cancer. This project was funded by Genentech.

[https://www.gpbch.org/docs/report\\_on\\_cancer\\_services\\_for\\_philadelphia\\_region\\_hospitals\\_june\\_2016.pdf](https://www.gpbch.org/docs/report_on_cancer_services_for_philadelphia_region_hospitals_june_2016.pdf)

### Caregiving

#### **Caregiver Action Network**

Caregiver Action Network (CAN) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge. <http://caregiveraction.org/>

#### **NEBGH Caregiver Guide**

The Northeast Business Group on Health (NEBGH) published "Supporting Caregivers in the Workplace: A Practical Guide for Employers" as a tool for employers to address caregiver needs in the workforce.

[https://nebgh.org/wp-content/uploads/2017/11/NEBGH-Caregiving\\_Practical-Guide-FINAL.pdf](https://nebgh.org/wp-content/uploads/2017/11/NEBGH-Caregiving_Practical-Guide-FINAL.pdf)

## Chronic Condition Care

**Chronic Hepatitis C Virus (HPV) Infection (Abbvie)** - Education and guidance for patients in managing Hepatitis C Virus. Visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources to access brochures: Understanding Your Hep C Diagnosis, Taking Control of your Hep C, Hep C FAQs, Common Questions, Patient Screener, Provider Outreach Letter, Risk Assessment Guide, Value-Based Disease Management Presentation.

### **COPD Employers Toolkit (COPD Foundation)**

The COPD Employer Toolkit Portal is designed to help you understand more about COPD's impact in your workforce and what you can do to lower costs and improve health and then provide you the materials to help you take easy to implement actions. <http://www.copdfoundation.org/EmployerToolkit>

**Gastroenterology (Abbvie)** – Education and guidance for patients in managing bowel disorders. Visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources to access brochures: Making the Most of Your Relationship with Your Gastroenterologist, Understanding Your Treatment Options in Inflammatory Bowel Disease, Living a Health Lifestyle with Inflammatory Bowel Disease, Helping a Loved One Cope with Inflammatory Bowel Disease, Patient Symptom Tracker Journal, Patient Assessment Questionnaire, Patient Education Flashcard.

**Managing Rheumatoid Arthritis (Abbvie)** - Education and guidance for patients in managing Rheumatoid Arthritis. Visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources to access brochures: Understanding Rheumatoid Arthritis, My Personal RA Profile, My Personal Medications List, Tips for Living With Rheumatoid Arthritis, Making the Most.

### **Strategies for Chronic Care (Boehringer Ingelheim)**

Strategies for Chronic Care was developed on the principle that effective care coordination among various healthcare channels is integral to improving quality and efficiency of transitions of care and chronic disease management. <http://www.strategiesforchroniccare.com/>

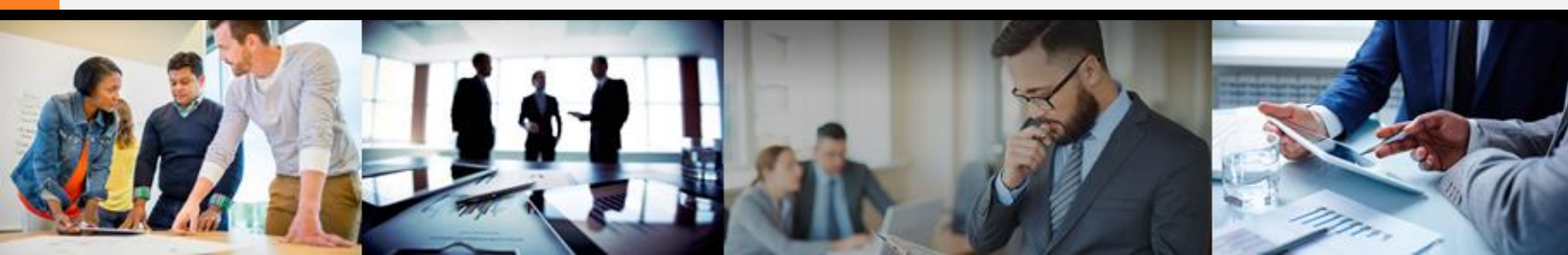
## Consulting Services

### **Conner Strong & Buckelew (Audits & Compliance)** – Special Discount

The fee for *each* of the following services will be reduced by 10% for GPBCH members.

- Claims Audit: Comprehensive and detailed review of a third party administrator's financial accuracy.
- Dependent Eligibility Audit: Will reduce or remove the impact of fraudulent claimants in health plans.
- Compliance Support and Audits: Extensive advisory services designed to provide the latest changes and news in the industry.
- Employee Benefit Program Audit: Review primary aspects and elements of health and welfare benefit plan on current design, administrative, financial and compliance issues.
- ACA Compliance: Information and advice on regulatory and legislative topics.

For more information, contact Joseph Curcio, Conner Strong Companies, Inc./AIM P: 856-552-4544, C: 610-322-9925, [jcurcio@connerstrong.com](mailto:jcurcio@connerstrong.com) <http://www.connerstrong.com/> <http://www.aim-benefits.com/>



### Health Care Reform Dashboard (Ballard Spahr)

Developed as a one-stop resource for legislative, administrative, and judicial developments affecting the Affordable Care Act, this dashboard continues to track emerging guidance and serves as a repository of information for health plan sponsors and health care providers who are interested in health care reform requirements. The dashboard addresses a number of related topics of interest to employers and providers, including significant developments in the nondiscrimination rules applicable to wellness programs and HIPAA's privacy and security rules. [www.healthcarereformdashboard.com](http://www.healthcarereformdashboard.com)

### Leapfrog Group Lives and Dollars Lost – Complimentary Evaluation

GPBCH has implemented the Leapfrog Group's Lives and Dollars Lost – a tool designed to show employers how much of their total healthcare spending is estimated as waste due to medical errors in inpatient care. This validated tool examines an employer's distribution of hospitalizations across A, B, and C-or-lower rated hospitals on the Leapfrog Hospital Safety Score, and estimates the total waste. It also allows the employer to look at potential savings associated with moving more volume toward safer hospitals. To learn more, contact Neil Goldfarb, CEO GPBCH, 215-731-2472, [ngoldfarb@gpbch.org](mailto:ngoldfarb@gpbch.org)

### Special Risk Insurance Services (Forensic Analysis) – Complimentary Offer

Complimentary 'forensic analysis' of your company's Corporate Accident Plans: Business Travel Accident (BTA) / Basic Accidental Death & Dismemberment (Basic AD&D) / Voluntary Accidental Death & Dismemberment. This analysis is extended to include Out of Country Medical, Expat Medical Coverage and Traveler Assistance Services. The analysis also includes a "side by side" comparison of your Current Benefits (SPD, Plan Document or Contract) to what is recommended as a Best Practice. SRIS has 30+ years of delivering superior value to its clients, most often yielding an average 15-18% annual premium reduction, extended rate guarantees, and broader breadth of coverage. To schedule your complimentary forensic analysis, with the opportunity to learn about the exceptional brokerage services SRIS can offer your company, please contact Anthony T. Liberatore, Jr., President / Principal, Phone: 484-368-3530 ext. 204, [aliberatore@specialrisk.net](mailto:aliberatore@specialrisk.net). <http://www.specialrisk.net/>

### TFG Partners, LLC (Health Benefit Plan Audit) – Complimentary Offer & Special Discount

TFG Partners, LLC specializes in highly accurate 100 percent health benefit plan audits, using proprietary computer technology and processes to meet your audit compliance requirements as well as improve plans while reducing cost. Many clients renew our engagements year after year as we help recover overpayments and prevent future waste. We audit medical and prescription claims on behalf of some of the nation's largest and most complex self-insured plan sponsors and have audit privileges with all major administrators, working closely with them to drive positive improvements for our clients.

- For GPBCH members, TFG Partners will provide a free, no obligation audit tutorial and assessment of their plan's audit privileges, likely value including savings and improvement potential that can be generated given the plan design and membership size, including typical audit impact.
- For new clients, starting with proposals dated after February 2015, TFG Partners will provide a special 3% discount to enrolled GPBCH employer members that identify GPBCH membership.

For more information, contact Pieter A. van Hoeven, Partner, 215-628-3695, [pvanhoeven@tfgpartners.com](mailto:pvanhoeven@tfgpartners.com). <https://www.tfgpartners.com/>



## Diabetes Prevention & Management

### Centers for Disease Control and Prevention (CDC)

A CDC-recognized lifestyle change program is a structured program—in person or online—developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes. Visit this link to learn more and to access the national database of CDC recognized programs. <https://www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html>

### Cornerstones4Care® (Novo Nordisk)

Cornerstones4Care® offers a free, personalized action plan with resources that you can access 24/7. View content tailored to where you are in your diabetes journey, and get the right support at the right time. You set your own preferences, so you can go at your own pace and focus on what interests you most. With Cornerstones4Care®, you're empowered to take part in a diabetes care plan made just for you. Your plan will be based on the 4 cornerstones that provide the foundation for solid diabetes management:

- Healthy eating—Create your own menu of tasty, diabetes-friendly dishes from a wide selection of recipes
- Being active—Find creative ways to get the physical activity you need. Even small changes can make a big difference!
- Medicine—Learn more about diabetes medications, and keep track of the ones you take
- Tracking—Checking your blood sugar levels on a regular basis helps identify patterns, and better informs the members of your diabetes care team so they can make any necessary changes in your plan

For more information, contact Scott Hughes, Novo Nordisk, [SCHG@novonordisk.com](mailto:SCHG@novonordisk.com), 813-597-9655. Also, visit their website at <https://www.cornerstones4care.com/> for additional information and downloads.

### Diabetes Prevention Program (YMCA)

The YMCA Diabetes Prevention Program is an evidence-based program recognized by the Centers for Disease Control and Prevention (CDC) to prevent type 2 diabetes by eating healthier, increasing physical activity to 150 minutes per week and losing 7% body weight. With this program, diabetes can be prevented or delayed by 58%, and for those 60 and over by 71%, thus saving a company thousands of dollars per at risk employee. In a relaxed, classroom-like setting, a trained Lifestyle Coach will work with a small group of participants on topics like goal setting, problem solving, and physical activity in order to change their lifestyle by adopting healthy eating, physical activity, and other behavior changes over the course of one year. The program is portable and flexible and can be delivered throughout Delaware at the YMCA, the workplace, or other community settings. A YMCA membership is not required for participation. For more information, contact YMCA Delaware: [diabetesprevention@ymcade.org](mailto:diabetesprevention@ymcade.org), 302-572-9622.

<http://www.ymcade.org/programs/diabetes-prevention-program/>; or  
Freedom Valley YMCA: [dpp@philaymca.org](mailto:dpp@philaymca.org), 267-592-4383,  
<https://philaymca.org/programs/ymcas-diabetes-prevention-program/>

### Diabetes Resources (Sanofi)

Sanofi makes available the following diabetes resources:

- Teaming Up for Diabetes....Take On Diabetes With A Team Behind You. <https://www.teamingupfordiabetes.com/>
- GoMealsR application for making healthy meal choices while tracking blood glucose levels and physical activity  
<https://www.teamingupfordiabetes.com/eating-and-diabetes/gomeals-diabetes-app>.

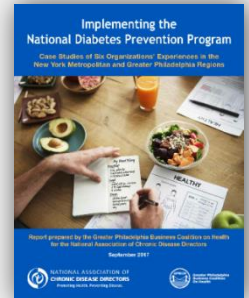


### For Your Sweetheart

For Your Sweetheart is a nationwide movement to raise awareness of the link between type 2 diabetes and heart disease and to encourage people with type 2 diabetes to know their heart disease risk and speak to their healthcare provider, for the sake of their health and the people they cherish the most. Learn more about For Your SweetHeart, take and share the Heart You Quiz and sign up for more information at ForYourSweetHeart.com. Spread the word, because by having a heart, you might just save others. <https://www.foryoursweetheart.com/>

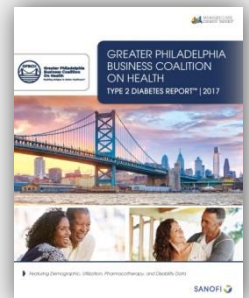
### GPBCH Diabetes Prevention Program Case Studies Report

This report spotlights six organizations' efforts to implement the Diabetes Prevention Program (DPP), an evidence-based lifestyle change program demonstrated to markedly reduce weight and prevent onset of diabetes for high-risk individuals. In addition to the individual case studies, the report includes recommendations for employers, derived from the studied organizations, on how best to implement the DPP. To view, visit [GPBCH.org](http://GPBCH.org) and scroll down the News section (Homepage).



### GPBCH Regional Report for Type 2 Diabetes

In this report you will find an overview of demographic, utilization, pharmacotherapy, and disability measures for Type 2 diabetes patients in key markets in the Greater Philadelphia area. The report also provides state and national benchmarks that can help providers and employers identify opportunities to better serve the needs of people with diabetes. To view, visit [GPBCH.org](http://GPBCH.org) and scroll down the News section (Homepage).



### Journey for Control (Merck)

Journey for Control offers customizable resources that not only target patients but also diabetes educators, physicians, and health plans. By providing information and tools for lifestyle changes, it gives patients guidance as they pursue success in managing diabetes. <https://www.journeyforcontrol.com/>

### Stop Diabetes @ Work (American Diabetes Association)

Diabetes is a leading cause of heart attack, stroke, blindness, kidney failure, and amputation. Stop Diabetes @ Work is a research-based initiative that can be customized to fit within your existing wellness efforts or used as a stand-alone program. <http://www.diabetes.org/in-my-community/awareness-programs/stop-diabetes-at-work/>

## Education

### American Heart Association (CPR)

The American Heart Association's CPR & ECC is inspiring the world to save lives as over 350,000 out-of-hospital cardiac arrests occur in the United States. Statistics prove that if more people knew CPR, more lives could be saved. Millions of healthcare providers and others trust the AHA for their lifesaving training. For more information, visit their website: [http://cpr.heart.org/AHA/ECC/CPRandECC/UCM\\_473161\\_CPR-and-ECC.jsp?requestid=27130](http://cpr.heart.org/AHA/ECC/CPRandECC/UCM_473161_CPR-and-ECC.jsp?requestid=27130)



### Catalyst for Payment Reform

Catalyst for Payment Reform offers GPBCH members discounted access to online courses designed to help you get better value for your organization's health care dollar. These courses will cover the complexities of the health care marketplace and specific high-value health care purchasing strategies available to you, including how to implement benefit design and payment reforms or work with your consultants and health plans to get better value. For more information, contact Jill Hutt ([jhutt@gpbch.org](mailto:jhutt@gpbch.org)) to request your coupon code and visit <http://catalyze.org.teachable.com/> to register.



### Choosing Wisely

Choosing Wisely promotes conversations between clinicians and patients by helping patients choose care that is supported by evidence, not duplicative of other tests or procedures already received, free from harm, and truly necessary. <http://www.choosingwisely.org/>



### CPR Ready

Bring CPR training to your workplace to significantly increase CPR awareness and cardiac arrest survival rates. For more information or to learn how you can get involved visit <http://www.cprreadyphl.org/> or email [info@CPRreadyphl.org](mailto:info@CPRreadyphl.org).

### Employee Education on Avoiding Medical Errors – Complimentary On-Site Session

GPBCH offers an on-site employee education session on “Consumer Strategies to Promote Quality and Safety: How to Lower Your Risk of Receiving Harmful Health Care.” This 60 to 90 minute interactive presentation by GPBCH CEO Neil Goldfarb provides a brief overview of the current U.S. healthcare system, the reasons quality and safety are important, consumer-accessible sources of information on provider-level quality and safety, and web-based tools and resources that can help consumers seek safer care. The program can be targeted to any segment of your workforce, e.g. the HR team, the management team, or workers in your main office in the region. To learn more, or to schedule a session, contact Neil Goldfarb, 215-731-2472, [ngoldfarb@gpbch.org](mailto:ngoldfarb@gpbch.org).

### Hospital Quality and Safety

The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog’s other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections. Access a free Purchaser Toolkit to educate and inform employees about the safety, quality, and affordability of health care and the importance of shopping for care here: <http://www.leapfroggroup.org/employers-purchasers/value-tools>. Compare hospitals here: <http://www.leapfroggroup.org/compare-hospitals>. View hospital Safety Grades here: <http://www.hospitalsafetygrade.org/>. Visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources for templates for custom Leapfrog employee communication presentations and documents.



### Jefferson College of Population Health (JCPH) – Special Discount

Thomas Jefferson University offers a corporate tuition rate to employees of GPBCH member (employer and affiliate) organizations. The current corporate tuition rate reflects a 15% discount off of tuition, and applies for any of JCPH’s academic programs for matriculated students. <http://www.jefferson.edu/university/population-health.html>



## Health and Wellness

### AREUFIT Health Services – Special Discount

#### For Individuals

- BodPod Body Composition Testing: \$70 value (10% discount for GPBCH Member company employees) <http://www.areufithealthservices.com/bodpod-west-chester-pa/>
- Resting Metabolic Rate Testing: \$70 value (10% discount for GPBCH Member company employees) <http://www.areufithealthservices.com/resting-metabolic-rate-rmr/>

### For Companies

- Preventive Health Screenings: 10% discount on select preventive health screenings and seminars to GPBCH Member companies. <http://www.areufithealthservices.com/wp-content/uploads/2015/02/2015-Preventive-Health-Screenings-and-Seminars-List-V1.pdf>



Contact information: 610-993-9123, Jeannine L. Stuart, PhD - [jstuart@areufithealthservices.com](mailto:jstuart@areufithealthservices.com) Alysha Naples - [anaples@areufithealthservices.com](mailto:anaples@areufithealthservices.com). <http://www.areufithealthservices.com>

### Common Market Farm Share – Special Discount

The Common Market Farm Share is an organization that provides Farm Shares to workplaces in the PA, DE and NJ region. The Basic Farm Share includes one dozen Certified Humane Eggs and 6-8 produce items per delivery. In addition to The Basic Share, members have the option to personalize their share with "add-ons" of Artisanal Cheese, Fresh Baked Bread, and Plain or Flavored Yogurt. The Common Market works directly with over 80 regional farms to offer you a wide variety of farm fresh, sustainably grown food throughout the year. Interested in bringing Farm Share to your office? E-mail Sarah Padva at [Sarah@thecommonmarket.org](mailto:Sarah@thecommonmarket.org) or visit [www.cmfarmshare.org](http://www.cmfarmshare.org)

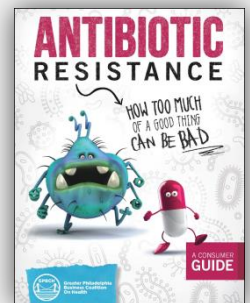
### Financial Wellness Benefits (PeopleJoy)

A financial wellness benefits provider for the modern workforce, PeopleJoy, helps CEOs and HR grow their businesses by attracting and retaining their most valuable resource – people. <http://peoplejoy.co/>

### GPBCH Antibiotic Resistance Consumer Education Guide

Issued for employers, medical providers and other organizations to share with consumers, the purpose of this document is to explain that the overutilization of antibiotics leads to antibiotic resistance. According to the CDC, “each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die each year as a direct result of these infections.” Studies have estimated that, in the United States, antibiotic resistance adds \$20 billion in excess direct health care costs, with additional costs to society for lost productivity as high as \$35 billion a year.

[https://www.gpbch.org/docs/articles/gpbch\\_antibiotic\\_consumerguide.pdf](https://www.gpbch.org/docs/articles/gpbch_antibiotic_consumerguide.pdf)



### GPBCH Healthy Living and Eating Guides

Employers can access Healthy Living and Eating Guides for distribution to employees. These guides include: Best Healthy Living Websites, Best Healthy Living Smartphone Apps, Happy Holiday Guide to Food, Holiday Party Survival Strategies, Quick Tips for Healthy Holiday Meals, and the GPBCH Healthy Holiday Cookbook. Visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources to access these documents.

### GPBCH Smoking Cessation Guide

Included in this guide is a list of comprehensive approaches that employers and employees can utilize to achieve the optimum level of practice. It consists of educational materials that help to inform individuals who are interested in smoking cessation initiatives as well as current smokers trying to quit. In addition, there are various technological applications listed that can be used as an effective tool to reduce smoking habits, along with cessation programs which are offered in the greater Philadelphia region. To view, visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources, Health and Wellness.



### Health and Wellness Calendar (AIPM)

The [2018 Health and Wellness Calendar](#) is a great resource for employers to connect their wellness programs with national observances and key health and wellness information. The GPBCH Health & Well-being work group has reviewed sources of information on national health-related observances held throughout the year. To view spotlighted monthly observances that identify tools, educational resources, and other relevant information to support workforce education and communication activities visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources, Health and Wellness.



### Lifelong Financial Literacy (Clarifi)

Clarifi provides pro-active learning programs that empower people to make smarter decisions about money throughout their lives. <https://clarifi.org/>

### Merck Engage

Merck Engage offers popular recipes for healthy eating, tracking tools for condition management, easy to read health articles, special medication offers, and ongoing motivation and support.

<http://www.merckengage.com/>

### NovoNordiskWORKS

Novo Nordisk has developed tools and resources to help organizations manage obesity in their employee populations. Obesity may impact the productivity of employees and may be associated with a proportional increase in employee sick days, disability claims, and health care costs. The [NovoNordiskWORKS](#) website has free, easy to use, interactive tools and resources that include:

- Employer-specific facts about obesity and its impact on health and productivity
- Measuring employee health metrics and understanding cost drivers
- Wellness program case studies
- Guide to integrating weight loss into an existing wellness program
- How the Affordable Care Act may affect an employer

To access these free tools and resources visit <https://www.novonordiskworks.com>. For more information, contact Scott Hughes, Novo Nordisk, [SCHG@novonordisk.com](mailto:SCHG@novonordisk.com), 813-597-9655.

### Nutritional Wellness Program (NutriSavings) – Special Discount

NutriSavings offers GPBCH members a 20% discount from list price for the NutriSavings nutritional wellness program. The list price is tiered, based upon the number of employees eligible to participate. The program connects employee healthy shopping decisions with financial incentives to empower a healthier, wellness-focused workforce. For more information, visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources to read the NutriSavings/Harvard Pilgrim HealthCare case study about the NutriSavings EatRight Rewards program. Contact Meghan Bain, Account Executive, Phone: 609-220-0299, [meghan.bain@nutrisavings.com](mailto:meghan.bain@nutrisavings.com).

### Philadelphia Freedom Valley YMCA – Special Savings

The Philadelphia Freedom Valley YMCA offers savings and exclusive benefits through its Corporate Partner Program, including:

- Joiner Fee waiver
- 10% reduction in monthly membership at 18 branch locations
- 3 FREE sessions with a Wellness Coach
- A “YMCA Day of Wellness” at your location
- Baseline Assessment Screenings
- Health & Wellness educational seminar of your choosing
- And much more!



For more information on YMCA Corporate Membership Programs visit <https://philaymca.org/join-the-y/corporate-membership/>, or contact Donald Best, Director of Business Development, 484-674- 6225, [dbest@philaymca.org](mailto:dbest@philaymca.org).

### YMCA of Delaware – Special Rate

Partnering in Health - Corporate partnerships with the YMCA of Delaware allow company employees and their families to join the YMCA at a special corporate membership rate. The partnership also provides technical assistance with worksite wellness programs.

Corporate Partners enjoy these benefits:

- No joiner fee for employees on memberships
- Special Corporate membership rate at 6 YMCA of Delaware locations
- One week trial passes
- Worksite health culture assessments
- Onsite Healthy Living Programs

Interested companies should contact Tricia Jefferson, Director of Healthy Living and Strategic Partnerships, at 302-571-6998, [tjefferson@ymcade.org](mailto:tjefferson@ymcade.org), [www.ymcade.org](http://www.ymcade.org)

## Healthcare Navigation Vendors

### Accolade

Accolade is a personalized health and benefits solution that dramatically improves the experience, outcomes and cost of healthcare for employers, health plans and their members. With a unique blend of compassionate advisors, clinical experts and intelligent technologies, we engage individuals and families in their health, establish trust, and influence their decisions at every stage of care. Accolade connects the widest array of personal health data and programs to present a single point of contact to the most effective health and benefits resources, while coordinating with providers at every step. Accolade consistently achieves 70 and higher Net Promoter Scores, 98% consumer satisfaction ratings, and up to 15% employer cost savings. Accolade has been recognized as one of the nation's 25 most promising companies by Forbes, a fastest-growing private healthcare company by Inc. 5000, and is consistently rated a Top Workplace across the country. Accolade offers free webinars on the topics listed below:

- Solving employee healthcare benefit challenges: A more holistic approach - <https://www.accolade.com/content/solving-employee-healthcare-benefit-challenges-holistic-approach/>
- The Outcomes of Choosing a Healthcare Navigator – A Senior Benefits Executive's Perspective - <https://www.accolade.com/content/outcomes-choosing-healthcare-navigator-senior-benefits-executives-perspective/>
- Addressing the high-cost claim issue through personalized advocacy - <https://www.accolade.com/content/addressing-high-cost-claim-issue-personalized-advocacy/>
- Best Practices for Partnering with HR for Success - <https://www.accolade.com/content/best-practices-partnering-hr-success/>



For more information, visit <https://www.accolade.com/>.

## HealthAdvocate

If you think you know Health Advocate, think again. We're more than just advocacy. At Health Advocate, we offer a complete menu of data-driven, fully-integrated health and well-being programs – at one low price:

- Health Advocacy
- Second Opinions
- Health & Benefit Education
- Pricing Transparency
- Wellness Program
- Onsite Biometric Screenings
- Telemedicine
- Treatment Decision Support
- Gaps in Care Coaching
- Open Enrollment Support
- EAP+Work/Life
- Incentive Management
- Chronic Condition Support
- Healthy Reminders

Plus, our mobile app puts our experts and resources right at your employees' fingertips — at NO extra cost! Simplify your healthcare experience. For more information, contact Suzanne Starker, Senior Vice President, Business Development and Account Management, 215-880-6364 or [sstarker@healthadvocate.com](mailto:ssarker@healthadvocate.com).

## Mental Health/ Substance Use Disorder

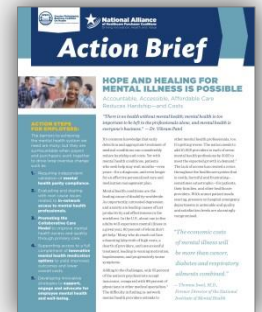
### Action Brief

GPBCH/National Alliance of Healthcare Purchaser Coalitions Action Brief - Hope and Healing for Mental Illness is Possible - discusses how employers can take five specific actions to address depression and anxiety in the workplace. Visit [www.gpbch.org](http://www.gpbch.org), Member Login, Member Resources.

### Mental Health First Aid at Work

Mental Health First Aid at Work, supported through [www.thenationalcouncil.org](http://www.thenationalcouncil.org), is the help offered to a person developing a mental health problem or experiencing a mental health crisis. Help is given until appropriate treatment and support are received, or until the crisis resolves. Mental Health First Aid at Work is an in-person four- or eight-hour national training program designed for anyone to learn about mental illnesses and addictions (such as anxiety and depression) including risk factors and warning signs, and where to seek help. Mental Health First Aid at Work is not a substitute for counseling or Employee Assistance Program services, but it can be the first step to encouraging a colleague, or employee to seek professional care. Those certified as first aiders show significantly greater recognition of the most common mental health problems, and are more likely to assist a person who may be struggling.

Mental health conditions are a leading cause of short and long term disability, resulting in absenteeism, and less than fully productive employees. Colleagues and managers are best placed to be the first to recognize the signs and symptoms of mental health issues in their co-workers (provided they have been trained to recognize signs and symptoms). Mental Health First Aid at Work increases mental health literacy, reduces stigma and increases confidence for supporting someone who may be experiencing a mental health concern or crisis within the parameters of your policies, procedures and employee resources. For more information about Mental Health First Aid at Work, please visit [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org) or contact Donna DeWan, Director of Corporate Programs, National Council for Behavioral Health, [DonnaD@thenationalcouncil.org](mailto:DonnaD@thenationalcouncil.org), (202) 684-7457x244.





For other local resources, contact the Philadelphia Department of Behavioral Health and Intellectual Disability Services [www.healthymindsphilly.org](http://www.healthymindsphilly.org), email [maria.boswell@phila.gov](mailto:maria.boswell@phila.gov), or call (215) 685-3755. Visit [www.dbhids.org](http://www.dbhids.org) for additional behavioral health resources and a network of treatment locations. (For trainings outside of Philadelphia county: <https://www.fivecountymh.org/index.html>)  
Contact: Tory Bright at [regional.mh@pmhcc.org](mailto:regional.mh@pmhcc.org)

### Trauma Informed Care

The National Council for Behavioral Health consultation on advancing trauma-informed approaches is designed to help assess, develop, and implement trauma-informed practices, policies, and procedures in an organization. Participants learn what they need to stop doing, do more of, and start doing, in order to:

- Develop and sustain a trauma-informed, educated and responsive workforce
- Improve or implement screening and assessment for trauma
- Increase consumer/survivor engagement and involvement
- Provide emerging and evidence-based trauma-informed best practices
- Create physically and psychologically safe and secure environments
- Engage and build trauma-informed community partnerships
- Address secondary traumatic stress/compassion fatigue among staff
- Develop tools to support organizational wellness
- Track performance improvement

To schedule on site training, contact Karen Johnson, Director Trauma Informed Services, National Council for Behavioral Health 202-684-7457 ext. 275.

### **National Alliance on Mental Illness**

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI is an association of hundreds of local affiliates, state organizations and volunteers who work in your community to raise awareness and provide support and education that was not previously available. See more at:

<https://www.nami.org/Learn-More/Know-the-Warning-Signs>

Visit local NAMI partners at:

Delaware: <http://www.namidelaware.org/>

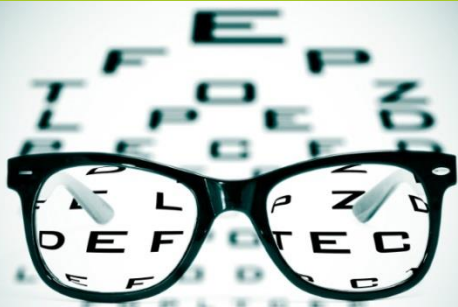
Philadelphia: <http://dbhids.org/>

New Jersey: <https://www.nami.org/Local-NAMI?state=NJ>

### **Additional Resources**

For resources in Delaware, visit: <http://dhss.delaware.gov/dsamh/>

For resources in New Jersey, visit: <https://www.mhanj.org/>



## GROUP PURCHASING

Through an agreement with [Employers Health](#), Greater Philadelphia Business Coalition on Health (GPBCH) employer members can access group purchasing for pharmacy, vision, employee assistance, and more. This collective strategy for group purchasing helps employers save time sourcing their own providers and save money on high-quality health services and products. Many employers have saved millions of dollars over the years by relying on Employers Health's purchasing power.

See the descriptions below for group purchasing programs that offer these advantages:

- Better pricing through leveraged agreements
- A full team of Employers Health professionals as trusted advisors
- Shared contracting, procurement and audit services
- Plan-specific pricing and performance guarantees
- Ownership of plan design and plan strategy

For more information, contact Aaron Brownsword, Employers Health, 330.844.3322, [abrownsword@employershealthco.com](mailto:abrownsword@employershealthco.com).

### Pharmacy Benefits Management

GPBCH has a strategic affiliation with Employers Health to provide a leading solution for Pharmacy Benefit Management (PBM) services. Plan sponsors get the most from the PBM relationship, while implementing their own plan design strategies, managing vendors or working through established consultants.

By engaging with best-in-class suppliers – [CVS Health](#) and [OptumRx](#) – the Employers Health PBM program provides market-leading pricing and terms. Moving into 2018, the PBM program had:

- Over 200 individual plan sponsors headquartered in 34 states
- Covers more than 700,000 lives in all 50 states, the District of Columbia, Puerto Rico and Guam
- Collectively spends over \$1 billion annually on pharmaceuticals

In addition to exceptional customer service and account management services, participating members value:

- **Clinical oversight:** Members benefit from a staff pharmacist that regularly provides information on topics such as new drugs, generic launches, plan design strategies and overall trends based on actual plan data.
- **Plan Oversight:** A dedicated Account Management team is readily available, and acts as an extension of the benefits team working with vendors to assist with acute issues to managing more complex scenarios like performance guarantees.
- **Contract Oversight/Audit:** All contractual obligations and legal aspects of vendor contracting and auditing are covered. An annual audit is conducted on 100% of claims by an independent, third-party. Any findings or recoveries are reported at an individual plan level and passed back to the plan sponsor at 100%.

- **Annual Market Check:** The annual market check benchmarks the PBM contract compared to other coalitions and large employer plans in the marketplace. Over the past three years, the market check has led to more than a 10% savings.
- **Data Analytics/Reporting:** In addition to reports from vendors, members benefit from objective ad hoc reports to help interpret plan performance metrics.

Many plan sponsors have saved millions of dollars over the years by relying on Employers Health's purchasing power. For more information on the PBM group purchasing solution, visit <http://employershealthco.com/pbm.html>, or contact Aaron Brownsword, Business Development Executive, Employers Health, 330.844.3322 [abrownsword@employershealthco.com](mailto:abrownsword@employershealthco.com)

#### Vision Benefits

Offers two signature plan designs through EyeMed Vision Care® with flexibility to customize plans. Can be fully-funded or self-funded, with voluntary or non-voluntary contribution strategies.

<https://www.employershealthco.com/ancillary-benefits.html>

#### Centers of Excellence

CliniFIT provides a specialized surgery travel benefit powered by Health Design Plus in partnership with various national, top-rated medical care centers demonstrating superior outcomes and lower complications in specialized areas of care.

<http://www.hdplus.com/services/coe.php>

#### Employee Assistance

CompPsych Corporation offers fully integrated EAP, behavioral health, wellness, work-life, HR, FMLA and absence management services. <https://www.compsych.com/>

#### Transparency Tools

Castlight Health enables employers, their employees, and health plans to take control of health care costs and improve care. <https://www.castlighthealth.com/>

#### Variable Hour Employee Calculator

Equifax provides an ACA management tool that helps employers automate eligibility tracking and compliance reporting. <https://www.equifax.com/business/affordable-care-act-management/>

