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SPECTRUMhealth

HardingPoorman Group and Spectrum Health Systems Partner to Implement Wellness Program

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HardingPoorman Group recently partnered with Spectrum Health Systems to provide a comprehensive and innovative wellness program. In an effort to improve the health and well-being of their employees and to combat rising health care costs, HardingPoorman implemented a wellness program offering employees access to annual onsite health screenings, quarterly health coaching sessions with a Registered Nurse and an integrated health kiosk.

During the annual onsite health screenings, which were held in January, Spectrum Health Systems attempted to identify participants with health conditions. During the screenings, health educators provided all participants with an immediate health consultation. Shortly after the health screenings, Spectrum's Registered Nurse provided onsite, individual health coaching with quarterly and annual goals. HPG employees who achieve their annual goals will receive a \$400 bonus.

Employees also have daily access to measure blood pressure, pulse and weight by utilizing an onsite health kiosk. The kiosk will also be part of upcoming health campaigns including biggest loser challenges and a walking program in which all participants will receive a pedometer compatible with the kiosk to upload daily steps.

ABOUT SPECTRUM HEALTH SYSTEMS

Spectrum Health Systems is an Indianapolis-based health management company that partners with organizations to reduce claims utilization and improve the health of employee and dependent populations. Spectrum's Express HealthSM is a sponsored program of the Indiana Manufacturers Association. Spectrum Health Systems provides services to employers throughout Indiana as well as nationally.

ABOUT HARDINGPOORMAN GROUP

The locally owned and operated HardingPoorman Group, www.hardingpoorman.com, consists of several integrated companies all under one roof. HardingPoorman Group's broad portfolio of services includes: computer-to-plate offset printing, UV printing, digital printing, variable data services, CD/DVD replication and automated packaging, mailing, comprehensive bindery, and wide format signage. The company has annual revenue of \$29.4 million.

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