



99% employee participation

The Good LifeSM is a comprehensive program that works in conjunction with your employees' BlueCross BlueShield health plan. By completing biometric screenings and online health assessments, employees learn about areas of their health that they can improve – with our support and yours.

- Step-based program that involves a biometric screening, health assessment, and health coaching
- Biometric screenings can be done on site or employees can choose to go to their doctor
- Based on results of the biometric screening and health assessment, our health coaches may work with your employees to improve their health
- Based on the level of participation, employees can save money on monthly premiums or copays
- Aggregate data collected during the program enables you to make more accurate decisions on wellness offerings



Before offering it to our employer groups, **The Good Life** was tested on 1,500 of our employees. Over a four-year period, we saw significant improvements:

- 25% decrease in high cholesterol
- 18% increase in routine physicals
- 12% decrease in high blood pressure
- 11% increase in physical activity (at least three days per week)

bsneny.com/partnerinhealth

“ Over the past two years, **The Good Life** has given us valuable data that we’ve never had before. We have a very tight budget, and the program data helps us determine where to target our wellness dollars so they make the strongest impact possible. Between the cost, the data, and getting employees to take their health seriously, **The Good Life** has proven worthwhile and valuable on numerous levels. ”

- Pam Neuman

Director, Human Resources, Daemen College