

SUBJECT: New ways to improve employee health & wellness



NOVEMBER 2019

New ways to improve employee health, wellness

Introducing an upgraded digital wellness experience — part of our ongoing effort to deliver new ways of improving the health and wellness of your employees.

As of November 1, 2019, this new NCQA-certified digital wellness platform includes a health assessment and virtual coaching that focuses on the five domains of well-being: physical, emotional, social, spiritual and financial. This online platform is accessible on the [health and wellness programs page at trs.swhp.org](https://trs.swhp.org/health-and-wellness-programs).

The assessment can be found by [logging into the member portal](#) and navigating to the wellness programs page on the left-hand side of the drop-down menu. Health plan members will be informed about this new platform and survey in an upcoming email.

Thank you,

Scott and White Health Plan

trs.swhp.org

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