



News Notes

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TOTAL WELL-BEING TRANSCENDS YOUR PLAN

How a Determined Business Executive Got Healthier by Building on His Company's Insurer-Provided Wellness Offerings

Problem:

Two years ago, Kevin Davis, Vice President, Senior Benefits Consultant at Univest Insurance, LLC, reached an important turning point. He weighed 198 pounds, was taking prescribed cholesterol medication, and suffered incapacitating attacks of gout, a common form of arthritis that causes painful swelling in the joints. Since he traveled a lot for business, he was also subject to unhealthy food choices on the road. He decided things needed to change. He signed up for the nutrition counseling program offered by his company's insurance provider but found it only partially helpful. He says the program didn't address the aspect of stress, which is a classic trigger of gout. He also found the program's list of "to-dos" was too rigid for him. "I wanted a 'whole person' approach," he says.

Solution:

As a member of his company's wellness committee, Kevin was influential in bringing in BeneFIT Corporate WellnessSM, a division of Populytics, Inc., to complement his firm's insurer-provided wellness offering. They chose BeneFIT's health coaching service, and Kevin started working with his own health coach via telephonic sessions several times a month. He took part in wellness challenges, tracked his physical activity, and monitored and improved his diet. He learned tactics to reduce stress from Preferred EAP, the behavioral health arm of Populytics. Kevin felt the non-prescriptive approach, where he was assisted with setting his own attainable well-being goals, was key. He was also pleased that all sessions were virtual, adding to the level of convenience needed for a busy executive, especially in light of current times. Kevin adds that the ease of BeneFIT's online wellness portal simplified achievement of his goals. This is supplemented by the incentive program that BeneFIT helped Univest set up to align with the portal, where employees get points for completing wellness tasks and goals, which can be converted to entries into raffles for gift cards.

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Results:

Two years into his health coaching program, Kevin continues to keep himself accountable with his coach. He has not had any more gout attacks, his cholesterol numbers are down, and his cholesterol medication has been cut in half. After putting much effort into a healthier diet and increasing physical activity, he went from 198 to 165 pounds and his Body Mass Index (BMI) dropped five points. He feels much less lethargic, doesn't rely on caffeine to get himself going, and doesn't have headaches anymore, which he believes were attributed to his diet. Kevin says his head is clear, and he is motivated to stay healthy. He focuses on things to look forward to, and practices mindfulness exercises so he can truly be in the moment. "I know what I need to do now to maintain healthy habits," says Kevin. "I give full credit to BeneFIT and Preferred EAP for helping me improve my physical and mental health."

For more information about well-being services for employers, call (local) 484-862-3500 or (toll-free) 866-733-6158, or visit <https://www.populytics.com/benefit/>

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