

## Starting your health campaign

Thank you for choosing the health campaign materials from Health Support Systems (HSS). As you may be aware, proactive disease management is a proven way to reduce medical complications and lead a full and healthy life.

The complimentary campaign materials are free for internal distribution and use. This includes online and print materials that coach and educate individuals and can be distributed by employers and organizations such as community hospitals or small health plans to spread health awareness among employees or members.

These materials cannot be used for commercial purposes. Please contact us at [feedback@healthsupportsystems.com](mailto:feedback@healthsupportsystems.com) for more information.

### Use the checklist below for starting and managing your campaign:

1. Get management approval
2. Appoint a wellness coordinator
3. Choose a launch date & print the campaign materials
4. Create a rewards program
  - Some popular ideas include free tickets or meal coupon for the first 3 employees who reduce a certain amount of weight, quit smoking, etc
5. Identify promotional areas (notice boards, cafeteria, etc)
6. On the launch date, post the materials, make an announcement and provide contact information of your wellness coordinator
7. Follow up the launch with a week-after survey
8. After 4 weeks, evaluate the response to the program and identify winners for the rewards program
9. Hand out the rewards in an all-hands meeting
10. Make this an on-going effort with rewards and announcements that encourage healthy behavior



### About Health Support Systems:

Health Support Systems helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of self-monitoring, education and qualitative analysis.

HSS also provides a free disease management portal at <http://www.healthsupportsystems.com>. HSS products can also be purchased by enterprises and customized for their members, personnel and dependents. The subscription service offers additional features not available in the free version and includes patient monitoring and counseling services. By subscribing to a disease management or wellness program, companies can benefit from fewer employee sick days, higher productivity, and lower employee-related health costs.

