

Personal Health Risk Assessment tool helps Great-West plan members chart their own path to greater health and wellness

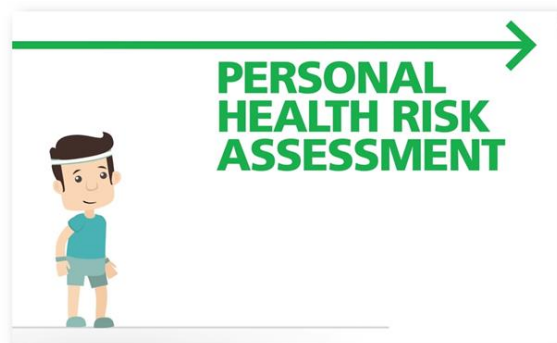
Winnipeg, Sept. 2, 2015. . . How do plan members' physical activities and lifestyles impact their health and wellness? What are the implications for plan sponsors?

Great-West Life has just released a robust upgrade of its easy-to-use online *Personal Health Risk Assessment* tool that helps address both these questions.

The updated feature on Great-West's *GroupNet™ for Plan Members* website now allows members to develop a customized, step-by-step plan to improve their individual health and wellness, while providing more wide-ranging member data to help plan sponsors focus health promotion efforts more strategically.

The enhanced *Personal Health Risk Assessment* can lay the foundation for any health and wellness program. The comprehensive tool provides information and resources that help plan members:

- Create a personal health profile by identifying their risk areas and readiness to change
- Build a customized action plan to support their health and wellness needs
- Track their progress



“Great-West Life is always looking to help change the way plan members engage with their benefits,” said Loretta Kulchycki, Vice-President, Group Marketing. “Tools like the *Personal Health Risk Assessment* demonstrate our commitment to helping our plan members be as healthy as they can be and achieve their own wellness goals. At the same time, this enhanced feature arms plan sponsors with a broad understanding of their plan members' health needs so they can better target wellness programs and make benefit plan decisions that make the most sense.”

Plan sponsors of larger groups can choose from a selection of reports to help them gauge the overall wellness of their workforce, and understand their members' risk factors, readiness to change and productivity loss. This information can help them implement targeted intervention and education programs. [Watch this video](#) to see how completing the *Personal Health Risk Assessment* can help plan members take steps to improve their health and become active participants in a healthy workplace.

Complementing the *Personal Health Risk Assessment*, a **Drug Coverage Search Tool** is now available through Great-West's *GroupNet Mobile* app. This feature provides benefits information, including confirmation that a drug is covered and at what percentage. *GroupNet Mobile* offers online convenience by allowing plan members to submit claims, check coverage limits and balances, and access a library of drug information.

[Watch this video](#) for highlights of *GroupNet Mobile's* features.

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About Great-West Life

Founded in Winnipeg in 1891, Great-West Life has long been a leader in the group benefits marketplace. The company has established this position over many decades, through its commitment to superior customer service and through a comprehensive selection of cost-effective benefits plans. Great-West Life offers effective benefit solutions for employee groups of any size. The company services the needs of 30,000 plan sponsors and their plan members, and handles approximately 50 million group health and dental claims transactions for its plan members and their dependents each year.

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