



When employees feel their best, they're more focused, productive, and engaged, leading to better business outcomes. Supporting employee well-being isn't just the right thing to do—it's a smart strategy.

In partnership, the Better Health Collective and HealthSource Solutions will help you develop a well-planned, highly executable wellness program. The collaborative approach includes other members of the Collective, which allows you to connect and learn from others. We provide a range of support to expand your impact and create a holistic culture of well-being.

For Employees	For Employers/Groups
Rewards Employees enrolled in the Collective's health plan can earn up to \$250 per calendar year.	Wellness Grants Earn up to \$60 PEPY for meeting grant criteria and yearly benchmarks.
Activities & Challenges Access to over 200+ wellbeing activities, challenges, and educational courses, all designed to support a personalized wellness journey. Participants can focus on the topics that matter most to them, creating a meaningful and tailored experience.	Program Management Support Guidance on group-specific program goals and an annual plan following our Best Practice Model. Includes quarterly check-in calls and group collaborative meetings.
Mobile App A user-friendly interface and mobile app that makes it easy to start and stay engaged.	Biometric Screenings & Flu Shot Clinics The Collective will pay or reimburse for an onsite biometric screening and flu shot clinic with collaboration through HealthSource Solutions..
Social Connectivity & Support Participants can engage in peer-to-peer challenges tailored toward each group.	Healthier Living Newsletter Subscription Each month, receive professionally crafted health awareness toolkits featuring timely and relevant wellness topics. Designed for easy distribution, these toolkits help you keep employees informed and engaged, without adding to your workload.

Data-Driven Results

Over the past three years, we've seen real improvements in key health areas like anxiety, asthma, COPD, and colon cancer risk—proof that the program helps employees manage and reduce health risks over time.

Early Detection = Better Outcomes

Our data shows rising awareness and earlier detection in areas like diabetes and heart disease. That means employees are engaging in their health sooner, giving your organization a chance to intervene and save on long-term healthcare costs.

Mental Health Support That Works

Anxiety risk is down nearly 30% in the past year alone. Our targeted challenges, resources, and coaching are helping employees manage stress and improve mental wellbeing.

Program Engagement

Average group engagement rate = 74%

"The League of Minnesota Cities has been a satisfied member of the Better Health Collective for over 10 years. With the support of the Collective and HealthSource Solutions, we've developed a dynamic and engaging wellness program that truly benefits our employees, from biometric screenings and flu shot clinics to wellness challenges with other groups through the WellRight portal. As the HR representative responsible for our wellness program, it's reassuring to have the expertise and partnership of the Collective to lean on as we work toward a healthier, more resilient workforce."

- Mindy Corby, League of Minnesota Cities

Visit healthsource-solutions.com for more information.