



Ceridian Online Wellness Program

Ceridian delivers proven health and wellness programs that recognize the link between employee health, productivity and the business bottom-line. By taking a whole person approach based on best practices, clinical expertise and experience, we can help maximize employee health and effectiveness.

Life Health Assessment (LHA)

Our LHA is an online assessment tool that identifies and evaluates at-risk employees based on their lifestyle behaviors and health conditions. LHA goes beyond a traditional health risk assessment by globally integrating the assessment of health and related psychological, interpersonal and life event issues, and then assessing the impact on employee absences and productivity.

Once individuals complete their assessment, they immediately receive their own personalized wellness summary that details their health strengths, their health risks and list actions they can take to immediately improve their health. The focus is helping individuals to change their life styles – replacing bad habits with good, sustainable health habits.

Individuals can take the assessment multiple times. Their new summary reports will illustrate changes in their health status and improvements in their lifestyle habits over time.

The Life Health Assessment has been heralded as one of the most readable, informative and actionable assessments in the industry, achieving over 97% satisfaction.

Online Health Coaching

Ceridian offers programs in stress management, tobacco cessation, weight management for adults and teens/adolescents and cardiovascular health. Programs feature:

- An engaging interactive self-guided online wellness program that assists individuals in developing personalized plans. Then it provides all the tools to help a person stick to the plan and achieve their goals.
- Interactive tools allow individuals to see their progress against established goals.
- Supportive tools such as calorie counter, eating and tobacco diaries and a health library of over 5,000 articles and tip sheets, keep individuals engaged.
- ***Every participant is assigned their own dedicated coach*** that provides ongoing support and guidance through confidential protected email.

Effortless set up

Employees receive a description of the program along with a web address, User ID and password. Using that information, they register for the LHA and the wellness programs that meet their needs. Dependents are eligible to use the programs too.

