

Next Steps with LiveNOW



At Avera Health Plans, we believe a solid well-being solution is much more comprehensive than education sessions and healthy snacks at meetings.

We believe it should center on engaging your employees in their personal health. Our LiveNOW program creates a unique opportunity to support your population's health with these four components:

- Care team partnership between our nurse case managers, pharmacy and member health advocates
- Biometric screening with health risk assessment
- Well-being support (i.e., health coaching, education, portal)
- Aggregate data reporting with screening risk insight

As a valued client of Avera Health Plans, these four core LiveNOW services are being offered to your enrolled employees as we help you reimagine your employee well-being solution:

- Group-specific well-being portal
- Health risk assessment
- On-site screenings or virtually delivered screenings
- Health coaching by referral



To learn more about LiveNOW services, contact Morgan Douthit , your Well-Being Specialist, at 605-322-4789 or by email at morgan.douthit@avera.org.