



Employer Program

Keeping Your Employees Healthy Never Stops

Investing in the health of your employees is not only beneficial for their overall well-being but also for your business. When your team is healthy, they are likely to be more productive, engaged and happy. Plus, it can also help you save on healthcare expenses and reduce absenteeism — call it a win-win.

Five chronic health conditions — high blood pressure, diabetes, smoking, physical inactivity and obesity — cost employers approximately **\$36 billion** a year due to employees missing work, according to the Centers for Disease Control and Prevention. Preventable conditions like these are also a major contributor to the increasing cost of health insurance premiums and employee medical claims, which is why the health and wellness of your employees is a key priority for your business. Healthier employees lead to fewer sick days and less absenteeism, helping to reduce costs.

Do you want to create a healthier and more productive workforce? Partner with us.

Whether or not your employees receive care from Sutter Health, we are here to support their wellness journey. Our goal is to keep your employees healthy while reducing your total cost of care because getting better never stops.



Let's Connect

Book a meeting with a Sutter Health account executive to talk about:

- Your top health concerns for your employees.
- Ways you can reduce overall healthcare costs.
- How to find Sutter providers and access care.
- Solutions for maintaining a healthy workforce.

Employee Wellness

Choose from various events — from open enrollment sessions and on-site health events to exclusive health lectures — available virtually and in-person.

[Join our mailing list](#) for newsletters with articles on healthy living, wellness tips, recipes, classes and webinars featuring Sutter experts. Check out our [health education calendar](#) to see what we are planning this year. Each month features a new health topic, including stress awareness, sleep and restfulness, heart health and more.

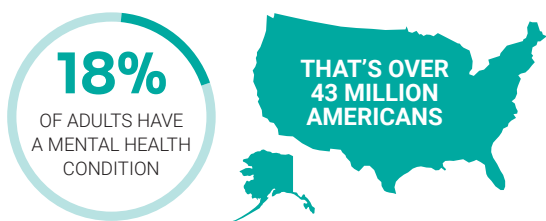
Coordinating Care

Here at Sutter, we're committed to ensuring your employees get the high-quality care they need from a network of providers who work closely to coordinate care — resulting in improved clinical outcomes, greater satisfaction and lower out-of-pocket costs.

If your employees would like some help finding a doctor, booking an appointment or connecting to other resources — we are here. Call us at 855-421-2904.

Supporting the Whole Person

We get it — a person's health includes both mind and body for whole-person health. And your employees deserve it. Making healthcare work better for you never stops.



Innovating Care

We designed programs to address your employees' health concerns — from mental health and early cancer screenings to maintaining a healthy lifestyle.

[Scout by Sutter Health™](#) is an app to help teens and young adults deal with difficult emotions and mental health stressors. Scout delivers resilience-based content and resources, supporting mental wellness for young people and their champions (parents, caregivers and families).

[Metabolic Wellness](#) is a science-based program empowering your employees to reset and live better using real-time data to improve glucose and metabolic health.

[Mobile Mammography](#) brings mammography screening to you using 3D technology and a dedicated breast health team — offering your employees early detection and intervention.

[Institute for Health & Healing](#) combines modern medical approaches with proven, personalized complementary therapies to treat physical, mental, emotional or spiritual well-being.

[Executive Health Program](#) offers executives private, efficient and convenient health evaluations, helping to prevent common conditions for people with high-stress lifestyles.