



## RISK CONTROL

# Employee Health and Well-Being Strategic Services

*Impact your workers' compensation performance*



Comorbidities, such as diabetes, high blood pressure, and BMI, can increase the risks of workplace accidents, injuries or illnesses, extend injured workers' recovery times, and slow their return to work. At PMA, our "One Decision at a Time" philosophy underscores that health and wellness benefit from good decisions, supportive work environments, and access to resources. Our Employee Health and Well-Being Services can be integrated into your safety initiatives to help minimize workplace injuries and disability durations.

### **PMA's Three-Step Employee Health and Well-Being Model:**

**Evaluation/Assessment**—Discover how employee health is impacting your workers' compensation loss performance. Services include:

- Analysis of comorbidities impacting your workers' compensation claims
- Employee health/wellness survey (anonymous); turnkey implementation for you
- Assessment of your current occupational health programs and employee wellness benefits

**Strategic Solutions that Fit Your Organization**—Based upon the assessment, you'll have a detailed, customized roadmap:

- Practical action steps for improvement, with areas needing immediate attention
- Support from PMA Risk Control professionals in implementing strategies
- Discrete and sensitive approach – we avoid singling out workers/groups adversely impacted by health risks

**Education & Training Programs**—with option to tailor programs for audiences (e.g., c-suite, supervisors). Expert online tools, onsite resources and educational materials, including:

- **Customized "One Decision at a Time" Presentation**—outlines key strategies to improve employee health and well-being, lower costs, and enhance workers' compensation performance.
- **Silent Risk Factors**—examines non-occupational risk factors

Discover how actionable employee health solutions can make a big difference  
to your workers' compensation program.

For additional information, contact your local PMA Risk Control Professional or email us at  
**[heretohelp@pmagroup.com](mailto:heretohelp@pmagroup.com)**

PMA COMPANIES (PMA) is a trusted leader in commercial insurance and TPA solutions and services. PMA specializes in workers' compensation, commercial auto, general liability, and commercial package & umbrella coverages, and offers claims administration and risk management services through PMA Management Corp., its wholly owned TPA. PMA's issuing insurance companies are Pennsylvania Manufacturers' Association Insurance Company, Manufacturers Alliance Insurance Company, and Pennsylvania Manufacturers Indemnity Company. PMA is part of Old Republic International Corporation (NYSE: ORI), one of the nation's 50 largest shareholder-owned insurance businesses and a member of the Fortune 500 listing of America's largest companies.

