

# HMC



# COMPANIES

*Healthy Solutions For Everyday Living*

## ***Start Your Wellness Program Now!***

Through the Patient Protection and Affordable Care Act (PPACA), there is a profound emphasis on Wellness. PPACA's provisions all demonstrate an interest in supporting wellness programs as a means to find cost savings through encouraging healthy behavior. Organizations are encouraged to follow PPACA initiatives. The new health care law creates the foundation for creating a culture of health and prevention both in the workplace and beyond.

## ***Why HMC?***

HMC fits in as the trusted advisor to assist you in navigating through the complexity of healthcare. We separate ourselves from the norm due to our experience, success, customizing and cutting-edge technology. Our philosophy and approach to personalize programs to your existing plans is your key to success. Now that Healthcare Reform is in effect, it is the perfect time to invest in value-based health and wellness programs, which offer the best opportunity to impact medical cost trend.

**WELLNESS**

HMC's Total Health Program is a proactive approach for those who are ready to make the necessary changes to improve their health. Our wellness coaches work one-on-one with plan participants, empowering them to make long-term healthy changes by building self-efficacy and skills they can use long past the conclusion of the program. Our program will also help plan participant's lead healthier lives through a wide array of telephonic and web-based coaching programs such as:

**WEIGHT MANAGEMENT**  
**HEALTHY EATING**  
**QUIT SMOKING**  
**DIABETES EDUCATION**

**EXERCISE AND ACTIVITY**  
**STRESS MANAGEMENT**  
**HEART DISEASE PREVENTION**

**For more information call 888-369-5054 or go online to [www.hmccompanies.com](http://www.hmccompanies.com)**