



**Telligen**<sup>®</sup>

Health & Well-Being

# TELLIGEN HEALTH & WELL-BEING

## Engaged Individuals. Health Improvement

### OUR WORK

Telligen Health & Well-Being empowers people to be healthier, more engaged and more productive. We deliver proven, holistic health solutions to employers, unions, and plans that enable employees or members and their families to make more educated decisions for healthier outcomes and overall cost containment.



*"Telligen provides an unmatched set of programs and resources enabling us to engage individuals wherever they are on the Spectrum of Health."*

**Jeff Chungath - CEO**

### PROVEN HEALTH SOLUTIONS

At Telligen, we don't believe in a "one-size-fits-all" approach to health. That's why we offer a suite of products and services that can be customized to fit your members' health needs. Our proven approach engages individuals wherever they are on the Spectrum of Health. We offer personalized solutions that positively impact your human and financial resources by cultivating a culture of health and well-being, with true measurable outcomes.

### HEALTH & WELL-BEING SOLUTIONS



**AT-RISK & DIABETES  
PREVENTION**



**CASE  
MANAGEMENT**



**CHRONIC  
CONDITIONS**



**UTILIZATION  
MANAGEMENT**



**SPECIALTY  
SOLUTIONS**



**WELLNESS  
SOLUTIONS**

# MEETING MEMBERS WHERE THEY ARE

Our proven approach engages individuals wherever they are on the Spectrum of Health™, with personalized solutions that positively impact your human and financial resources by cultivating a culture of health and well-being, with true measurable outcomes.



## AT-RISK & DIABETES PREVENTION

We identify members who are currently in a “pre” disease state and keep them from moving to a disease state through education and coaching tailored to the member’s specific risk factors.



## CASE MANAGEMENT

We collaborate and coordinate with physicians and your employees and their family members to help achieve their goals for ensuring better outcomes.



## CHRONIC CONDITION MANAGEMENT

Our health coaches work with your employees to understand their conditions, coordinate treatments with healthcare providers and monitor their progress so health is maintained and costs are managed.



## UTILIZATION MANAGEMENT

Healthcare services are evaluated for medical necessity utilizing evidence-based criteria by highly skilled nurses.



## SPECIALTY PROGRAMS

We can tailor a program to fit more critical medical needs of your employees and their families.



## WELLNESS SOLUTIONS

We help engage members to take charge of their health and well-being.

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## TELLIGEN BY THE NUMBERS



350+ clinical  
staff members



250+ technical  
staff members



45+ years delivering  
true results



Over 6.5 million  
lives covered