



## Special Announcement

05/13/2011

### Rocky Mountain Health & Wellness Well-Being Index

On CBS Sunday Morning (May 8), a [piece aired](#) about the Gallup-Healthways Well-Being Index - a projected 25 year study of Americans overall satisfaction with life. The Gallup research measures data on 55 aspects of overall well-being - everything from emotional and physical health, to how satisfied we are with work.

Boulder is home to the happiest, healthiest people in the United States, ranking #1 out of 188 metropolitan areas. One of the primary drivers in why people in Boulder consider themselves "happy" is they take care of themselves. Low obesity and smoking rates and lower stress levels are all attributes to a state of wellbeing.

Rocky Mountain Health Plans partners with Healthways and Gallup to provide the Well-Being Index to employer groups.

Through Rocky Mountain Health and Wellness (Wellness program for employers with 100 or more employees), employers receive an entirely different perspective on what is impacting the health and wellbeing of its employees. The information is then compared to survey scores from thousands of other working individuals during the same calendar month in which an employer conducts their survey. Acting on this information, employers can influence changes in the workforce, improving productivity and quality of work.

RMHP offers Rocky Mountain Health and Wellness to any employer, regardless of their health plan carrier.

For more information on Rocky Mountain Health and Wellness, please contact your Account Executive.

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As always, if you have any questions, comments or need assistance,  
please call your Rocky Mountain Health Plans Executive.

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