

# HIGH ACHIEVERS



## Unified

Group Services

### ABOUT

Unified Group Services is a full-service Third Party Administrator (TPA) for Self-Insured Group Health Plans dedicated to providing excellent customer service and the flexibility our clients desire in administering employee benefit plans.

### HIGHLIGHTS

- Extremely supportive top leadership
- Strong focus on employee engagement and camaraderie
- Policies support overall well-being (dress down days to encourage walking, smoke-free campus, on-the-clock wellness activities)

### A CLOSER LOOK

- Year-round walking program where Unified provides subsidy for tracking devices and employees walk to earn PTO hours
- Six treadmills, one stationary bike and elliptical machine
- Weekly onsite yoga, monthly onsite reflexology, bi-monthly onsite chair massages
- *Annual Super Summer Challenge* focuses on the following categories: maintained/improved % body fat, fruit/vegetable consumption, water consumption, steps taken, educational lunch & learns attendance and community volunteer service hours
- Focus on preventative care through annual biometric screenings, physicals and goal setting with health coach at our clinic where members can earn up to \$300 yearly for meeting goals
- Strong relationships with Activate Healthcare and Complete Wellness Solutions

## OVERVIEW

### COMPANY

Unified Group Services

### ACHIEVEWELL RANK

5 Star, designated in 2018

### HEADQUARTERED

Anderson, Indiana

### NUMBER OF LOCATIONS

One

### GEOGRAPHY

Indiana

### INDUSTRY

Third Party Administrator

### EMPLOYEE COUNT

115



## "TAKE IT FROM ME"

“ Employee health and well-being is huge to our company. A positive wellness culture affects job performance which directly affects our customer service. Healthy employees make a healthy business and it shows in our customer satisfaction rates. We have great employees and customers! You cannot put a price on employee wellness.

- Rich Mousty, President CEO 

## PAY IT FORWARD

**What's some advice you'd give to someone who works in health and wellness?**

There is not just one solution. Changing behavior involves layers of physical activity, education, communication, incentives and a long term commitment. Not everyone likes to track activities and not everyone likes a walking program. Start slow and add different options to fit everyone's needs. Something as little as providing infused water daily has resulted in some Unified employees reducing or kicking the soda habit!

## WELLNESS IN ACTION

Our senior leadership has a heartfelt desired commitment to give back to our community. Each quarter we have a "Community Wellness Fundraiser" for one of our own or an organization needing help. Our employees give their time, their money and most importantly their hearts to many local charities. The mental wellness benefits of volunteering are very important to us, not to mention humbling.

## INNOVATION

**What is the most innovative health and well-being feature of your efforts at the workplace?**

Our newest program in partnership with Unified and Activate Healthcare is On Target Health (OTH). OTH is a state-of-the-art weight management program targeting metabolic syndrome. The focus is on reducing fatty tissue/inflammation in the body. We measure body composition using the Bod Pod as well as measure metabolic rates at rest and provide one-on-one health coaching. Our first group had great success in improving risk profiles and lost a total of 105.7 fat pounds!



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