




WellAhead

A WesleyLife Well-Being Experience



WesleyLife understands that you're committed to remaining in your home as you age.

To help you stay there comfortably, safely, healthfully, and independently while planning for any healthcare needs that might arise, we're offering an innovative program unique to our area called WellAhead – A WesleyLife Well-Being Experience.



Wellness, *(Redefined!)*



A perfect fit for WesleyLife's health and well-being emphasis, WellAhead can be considered a "lifestyle upgrade"! Focusing on vibrant living and financial vitality for life, the program is revolutionary in its design to enable you to live at home as long as you can.

WellAhead offers you peace of mind regarding what the future might hold for your health and well-being, but it also provides tangible "right now" benefits — every step of the way!

How it works: A one-time membership fee is your entry into the program. Then, your payment of a fixed monthly service fee will invite you to select from an a la carte menu of well-being benefits offered by WellAhead.

What's in it for me? WellAhead supports your desire to stay in your home by helping you remain independent and healthy there, offering the services of a wellness coach to help make the most of your well-being. It also provides significant healthcare savings to assist you if and when you become ill or injured and need services. Its key components are:

- **Remain at Home:** WellAhead is designed to keep you in your home as long as possible, wherever home might be.
- **Protect Your Assets:** If and when you need an enhanced level of healthcare, primary costs and the costs of certain amenities and ancillary services will be covered by the program.
- **Prioritize Well-Being:** WellAhead offers a holistic suite of services that promote well-being to help ensure you can stay in your home as long as possible.



Suite of Services. Monthly well-being benefits include:

- Personal fitness plans, wellness classes, and personal training
- Well-being lectures and other educational events
- WellAhead member social gatherings
- Massage, music, and pet therapy
- Delivery of fresh greens grown on our own hydroponic arm, plus an option for hot, nutritious, home-delivered meals via WesleyLife Meals on Wheels




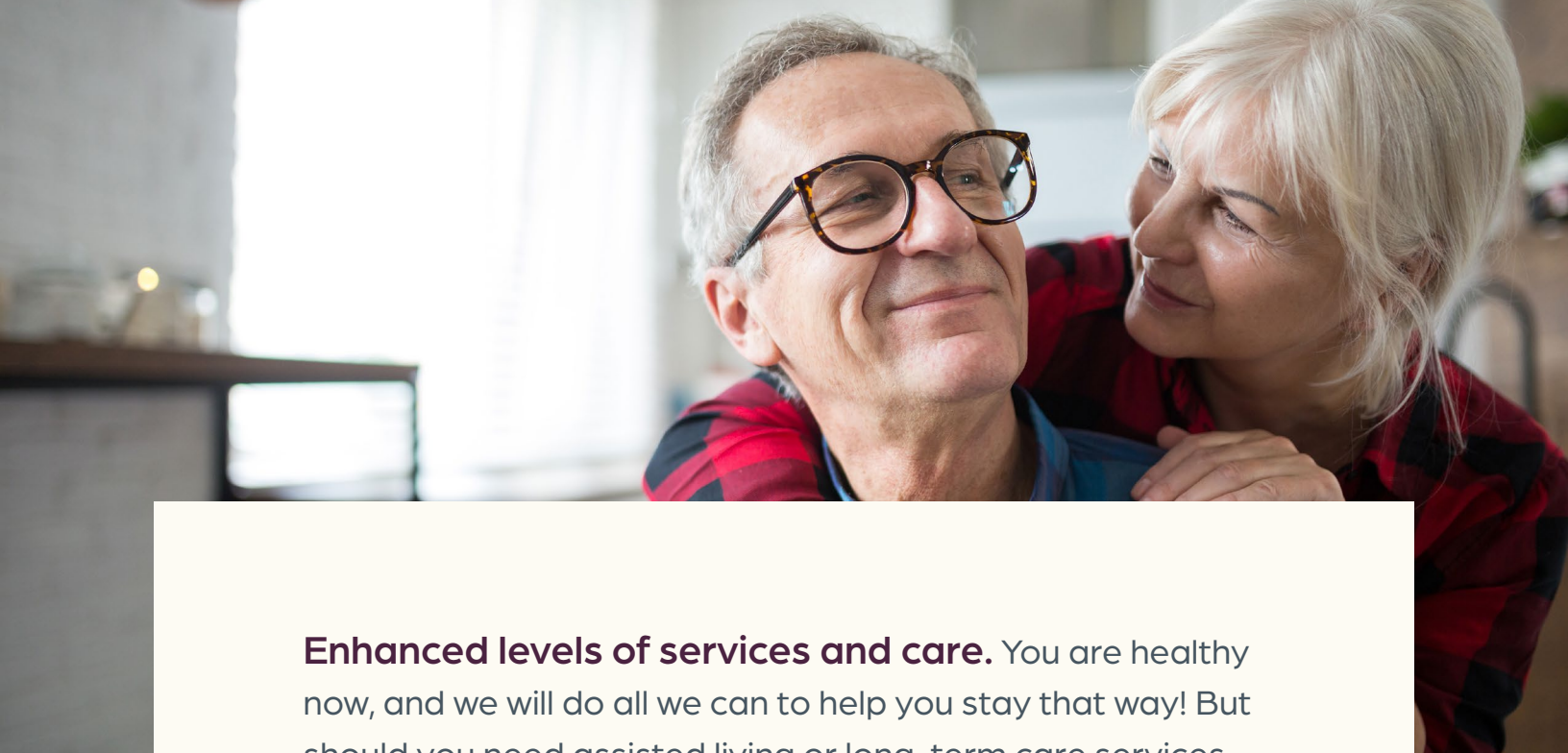
Advocacy — 24/7. You'll be assigned a wellness coach and will be able to leverage that relationship in a variety of ways, from assistance with your own wellness plan to help navigating healthcare questions.

Support in your home. If care and services are needed at some point to help you remain in your home, they, too, are covered as part of WellAhead.

These include:

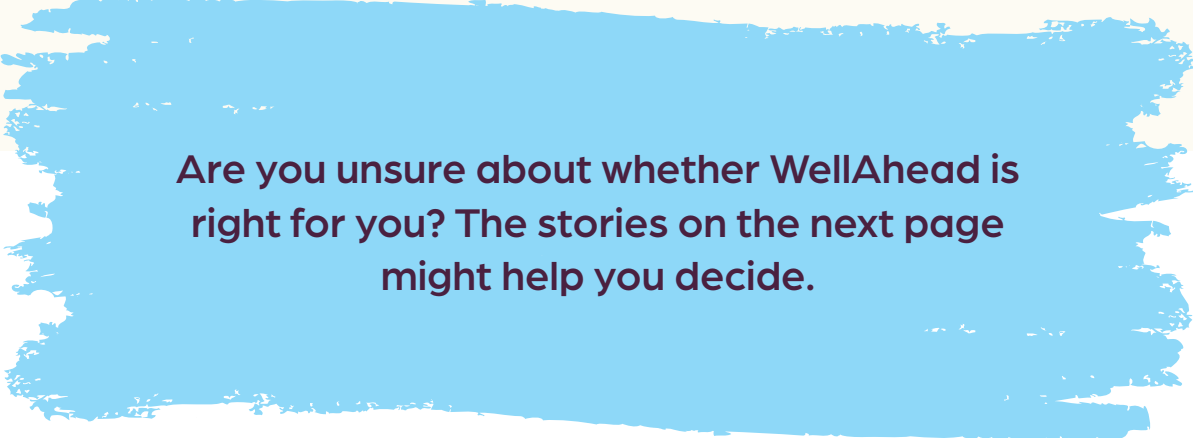
- Nursing services
- Medication reminders
- Chronic-care management
- Wound care
- Companion care
- Transportation
- Assistance with pet care
- Light maintenance, including "handyperson" services
- Meal preparation, housekeeping, and more





Enhanced levels of services and care. You are healthy now, and we will do all we can to help you stay that way! But should you need assisted living or long-term care services down the road, you'll have no worries; providing you with unparalleled peace of mind, membership in WellAhead entitles you to 100% coverage for services and care in a WesleyLife community – when you need it, where you need it, and for life!

Technology at your fingertips. Included with membership is a technology application designed to enhance member-to-member and member-to-wellness coach communication and connection.



Are you unsure about whether WellAhead is right for you? The stories on the next page might help you decide.



WellAhead *Case Studies*




Marlene

Marlene, 75, was highly motivated to remain in the home in which she had lived for nearly 50 years. She was a widow and neither of her sons lived nearby, so she saw the wisdom in creating a plan to enable her to stay independent in her house. She joined a WellAhead-related program in her town and enjoyed working with her wellness coach on ways to enhance her physical well-being. For three years, she walked at least two miles a day outdoors, missing only a few days over that period due to inclement weather.

On one of her walks one day, Marlene stumbled as she turned to wave to a neighbor. She fell, resulting in a tear to her meniscus; surgery followed, as did short-term rehabilitation. When Marlene returned home after a few weeks, she was visited immediately by a home-care nurse, who set up twice-weekly care sessions; services from an at-home aide followed and became a routine part of Marlene's week.

"When I was first approached about the program, I really wondered if it was a good idea to pay money every month when I was feeling perfectly healthy — but thank goodness I did, as it ended up being a great help to me during this time," Marlene says. "Also, my doctor told me that if I hadn't been in such good shape — and I credit my advocate for her help with that! — my recovery would have been much harder.



"If you're on the fence about WellAhead, remember that we can never be sure what's around the corner! The peace of mind alone has probably added years to my life. I can't say enough about why this program is such a good idea."





Don and Nancy

Don and Nancy were also committed to remaining in their home — the dream home that had taken them years to build, and in which they had raised their happy family of five children. Don had taken up golf in retirement, and Nancy stayed busy as a PRN nurse and as part-time daycare provider to two of the couple's grandchildren. They learned about a program near them that is similar to WellAhead and thought it made sense, as their health and well-being were important to them and they planned to work at staying fit and healthy.

Over a period of weeks before his 73rd birthday, Don developed a nagging cough that seemed to grow worse with exertion on the golf course. After rounds of tests, he received a diagnosis of chronic obstructive pulmonary disease, a group of lung diseases that block air flow and make breathing difficult. Within months, he was receiving supplemental oxygen, and climbing the stairs in the couple's two-story home had become difficult. Nancy wondered how long she'd be able to care for Don without assistance.

As it turned out, the trajectory of Don's disease was quick, and he and Nancy decided home healthcare would be a good idea. A nurse visited three times a week, and any costs not paid by Don and Nancy's insurance were fulfilled by the program.

Then, months after the nurse visits began, Don fell and broke his arm. As much as it pained Nancy and Don to leave their home, Don's care team felt he would be best served in a community that provided long-term nursing services. Thanks to the couple's membership in the program, he was able to move to a health center at no additional cost, as Nancy relocated to independent living to be nearer to Don.



"I never thought we'd move — in fact, I never could have imagined Don getting sick," Nancy says. "I'm grateful we're playful people, though, and that's what led us to join the program — because you just never know. It helped us a great deal and gave us options."





About WesleyLife



Nearing its 80th year of service, WesleyLife believes everyone should have the opportunity to live a life of continued growth, experience, engagement, and meaning — and to pursue joy, regardless of physical, social, or economic circumstances. Our comprehensive network of services is designed to fulfill the wishes of older adults to remain independent and active wherever they choose to live. Also certified as a Fortune Top 20 Best Workplace for Senior Living, WesleyLife offers health and well-being services in Iowa and Illinois through Communities for Healthy Living and an array of home and community-based services.

For more information, please visit www.wesleylife.org/wellahead or call **(515) 642-1726** to connect with a WellAhead specialist.



Interested in learning more?

Scan here or
email WellAhead@WesleyLife.org.

