Achieve Solutions® Features:

- More than 7,200 content items in 220 different topic areas
- Variety of content to suit visitor preferences including quizzes, videos, audio, webinars, workbooks, articles, and news
- Easy-to-use tools
- Spanish-language version
- Client-specific customization, including logos, client P&Ps, and links to other benefits/services

Your employees face increasingly challenging demands to maintain a positive work and personal life balance. Some simply need immediate, expert advice to manage daily stressors or achieve personal goals, while others may need support for more challenging issues.

The ValueOptions® Solution

At ValueOptions, we work with employers and their benefit and wellness programs to promote solutions to everyday life challenges. We partner with you to maximize the health and productivity of your workforce.

We offer an industry-leading suite of Web-based resources and services that provide accessible support to your employees and their dependents.

Achieve Solutions® is ValueOptions’ award-winning behavioral health and wellness website. It helps individuals and families make informed decisions for their health and wellbeing and connects them to supportive services.

Credible, Accessible Content

The Achieve Solutions website content is written by knowledgeable professionals and reviewed on a regular basis, so your employees can trust the information they find. In addition to using the search tool, visitors can navigate Achieve Solutions in several key ways:

- Explore Info: The most popular topics are gathered into several key centers and are prominently featured.
- Find Services: Using advanced search tools, members can locate a variety of local services.
- Assess Concerns: This interactive “check-up” quiz helps members identify potential issues and directs them to relevant content and resources.
- Manage Life Events: When a member faces a life transition or event, the site offers first steps for addressing the challenge.
ValueOptions’ Living Series For Healthy Employees

Our online self-improvement courses, ValueOptions Living Series, enhance employee effectiveness through prevention, identification and resolution of personal and productivity issues.

• LivingEasy™, a four-session stress management program, helps participants build resilience, recognize uncontrollable situations and manage controllable ones.

• Living Lean™, a 12-session weight management and nutrition program, treats the root emotional cause of addictive behavior.

• LivingFree™, a proven 10-session smoking cessation program, helps members stop smoking in as little as five days.

• LivingSmart™, a three-week online alcohol control program, empowers participants to make becoming a non-drinker a reality.

• LivingFit™, a 12-session program, helps participants view exercise as a regular part of life.

Lifespeak On Demand™

Through our Lifespeak On Demand program, employees view high-quality streaming video clips of leading experts discussing a variety of health, wellness and family topics. An organization may choose to offer any of more than 30 volumes.

A Legacy Of Results

ValueOptions is committed to the wellbeing of your workforce. We strongly believe that providing your employees with Web-based work/life will help resolve areas that cause stress, ultimately enriching their lives and your bottom line.

We currently provide work/life services across every type of employer organization. With over 30 years of experience, ValueOptions is the national leader in providing EAP and work/life services as well as managed behavioral health care to employers, health plans, state programs and federal agencies.

As a health specialty company, we are experts in designing programs that combine both time-tested practices and innovative service methods. Our programs are consistently recognized by the industry with prestigious awards.

Our Customers

• Over 55 of America’s Fortune 500
• Small- and Medium-sized Employers
• Taft-Hartley Plans and Trade Unions
• National and Regional Health Plans
• Non-Profit Organizations
• Federal, State and Local Governments
• Colleges and Universities