

Higher HEALTH



At Sterling we are known for our high-touch approach to wellness. We work in partnership with our clients to create a comprehensive and effective approach focused on results. Now, we've taken everything we know about well-being and added a layer of spiritual connection to support religious organizations.

Shape Foundation

Our experience building relationships with consultants, clients, and participants creates the foundation for successful programming that fosters a culture of well-being and impacts long-term health.



- Account Management
- Program Detail Customization
- Health Assessment
- Biometric Screening

Spark Change

Our team of professionals is dedicated to motivating healthy, sustainable changes through pro-active engagement and innovative programming such as nicotine cessation, financial health, and CarePlus chronic disease management.



- Targeted Health Coaching
- Health Plan Literacy
- Interactive Health Education
- Custom Communications
- Web-Based Tools

Strengthen Impact

Our wholistic approach couples biometric and claims data for the most comprehensive look at your population. Our strategies are backed with trend reporting to measure performance and direct future initiatives that impact individuals as well as the bottom line.



- Incentive Management
- Claims Analytics
- Cohort & Risk Trending
- Annual Aggregate Review
- Multi-Year Strategic Planning

Spiritual Support

Higher Health was specifically developed to support the ideology of our Catholic partners. Our blended approach to lifestyle and chronic condition management supports health plans with lifetime members and builds on the faith and health connection.



- Emotional and Spiritual Health
- Daily Inspirational Quotes
- Faith-based Coaching
- Religious-Themed Challenges
- Prayer Wall for Social Posting