

# Wellness Corporate Solutions



## Results Oriented Wellness Programs

Wellness Corporate Solutions provides Results Oriented Wellness Programs for employers across the nation. We use our proprietary wellness methodology, **Well Employee Solutions**, to help employers design effective yearlong wellness programs to improve the health and lifestyles of their employees.

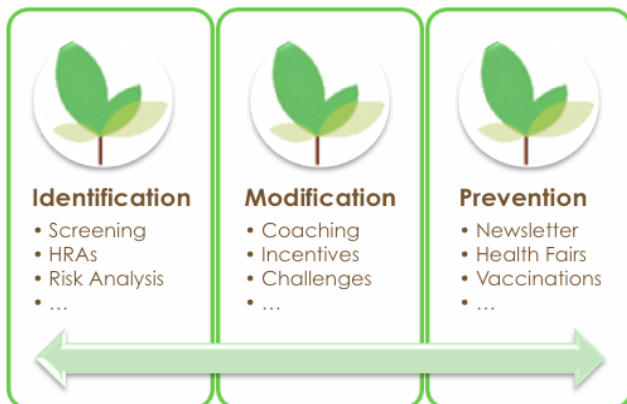
Our worksite programs help employers contain their rising healthcare costs by creating company goodwill, boosting productivity, improving employee health and enhancing recruitment and retention of healthy employees. Well Employee services include:

- Biometric & Blood Screenings & Vaccinations
- Health Fairs & Green Events
- Employee Health Challenges
- Wellness & Fitness Coaching
- Health Topic Seminars & Newsletters
- Incentive Based Challenges

Our solutions yield excellent results because we pair identification with intention – meaning we take the results of the health risk assessment and biometric screenings and create action steps for each employee. It is the action that makes the difference.

## Our Well Employee Solutions Model Makes the Difference

We focus on the 3 critical stages (identification, modification, and prevention) that mirror the combinations found in every employee population. Healthy employees “know their numbers” and are engaged in actions to maintain their healthy state. Alternatively, those nearing or at risk require modifying behavior to change their risk status and get back on track to a healthy lifestyle.



## The Well Employee Solution

The Well Employee Solution provides a wellness profile for each employee and a Corporate Risk Profile and Mitigation Strategy that ultimately result in a healthier, happier, more productive population.

**Identification.** As part of our **Well Employee Identification Model**, we gather a baseline of a population’s risk through Biometric Screenings and Lifestyle Assessments. As a result, each participant receives their own “Individual Risk Profile”, which combines results from the screenings with data from the assessment to create an accurate picture of each employee’s current health status. Individual data is then incorporated into a report and analyzed to create a “Corporate Risk Profile” that identifies opportunities for change and return on investment.

**Modification.** As part of our **Well Employee Modification Model**, we connect the dots between informing employees about health risks and adopting behavioral changes. Based on the Corporate Risk Profile, our Healthy Challenges combine incentives with targeted education, to help employees achieve specific health and behavior goals to reduce health risks. Likewise, our Healthy Seminars range from single lunch-and-learn sessions to multi-session behavior modification courses that focus on topics that impact a population’s risk factors in a positive manner. Our Healthy Coaching allows employees to in-person or telephonically interact with their own personal coach (a Registered Dietitians or Wellness Coach) as well as use an online coaching system at their own pace. Our interactive approach helps employees identify their own particular needs, apply techniques that produce results, and build preventative management skills.

**Prevention.** As part of our **Well Employee Prevention Model** we keep employees healthy through a yearlong programs aimed at risk identification, behavior modification, and personal responsibility for health. Our Fitness Educators help employees start and sustain their fitness programs. Interventions are ongoing and designed to touch employees as often as possible during the course of the year. Finally, our monthly Healthy e-Newsletter is filled with reliable, accurate and practical information on today’s health and medical news. Specific articles linked to individual corporate wellness goals are also available on a weekly basis.

**HEALTH PROMOTION THAT MAKES GOOD BUSINESS SENSE**

7945 MacArthur Boulevard, Suite 203 Cabin John, MD 20818 ☎ 1.877.469.5411

[www.wellnesscorporatesolutions.com](http://www.wellnesscorporatesolutions.com) [www.employeehealth.blogspot.com](http://www.employeehealth.blogspot.com) [www.365daysofwellness.blogspot.com](http://www.365daysofwellness.blogspot.com)