

wellness corporate solutions

HEALTH PROMOTION

THAT MAKES GOOD BUSINESS SENSE



WCS is a solutions-based company dedicated to providing creative, flexible wellness programs that save companies money.

“70% of all chronic health problems are preventable and directly linked to lifestyle”

-Washington Post 7/10/2007

"Companies with health promotion programs returned an average of \$3.50 for every dollar spent"

-Washington Post 7/10/2007

Why Wellness?

You care about your employees, and you care about your bottom line.

Employee health care costs are skyrocketing due to our national epidemic of poor health caused by unhealthy lifestyle choices. WCS Wellness programs work to improve your employee health, contain health care costs and increase productivity and retention of healthy employees.

WCS offers an entire suite of results-oriented health and wellness solutions that are perfect for corporations and others interested in helping their workers achieve lasting lifestyle changes.

Imagine a wellness program that is tailored specifically to your company's needs, energizes executives and employees, and yields a strong return on your investment. Wellness Corporate Solutions will make this vision a reality for you.

WCS assembles an impressive team of wellness experts, ranging from registered dietitians, certified fitness trainers, and psychologists, to registered nurses, massage therapists and motivational life coaches. We implement proven tools and techniques that bring together people from different departments and levels in the chain of command.

Best of all, we create a sense of fun, excitement and team spirit that is guaranteed to energize your staff and result in healthy bottom line savings.

On-site Health Fairs – Give employees information about their health status!

WCS delivers on-site health screenings, flu shots and education materials for early detection of preventable health risks. Your employees are much more likely to get this valuable information if they don't have far to go to do it! Screening options include cholesterol, blood glucose, blood pressure, bone density, vision, and body composition analysis. Our health fairs also include, chair massage, nutrition education, ergonomics, stress reduction, and more.

Health Risk Assessment – First, get the facts!

Before you design a wellness program, you need a comprehensive understanding of your organizations health risks and needs. WCS uses state of the art Health Risk Assessment software (HRA) to collect meaningful baseline data on your employee population. Once the data has been collected, WCS will customize a health promotion strategy that delivers results.

Convenient On-Site Seminars – Educate your employees about their health!

WCS offers nutrition, fitness and stress management seminars which are high energy, motivational and jam packed with the most up to date health education news! WCS seminars connect the dots between health screenings (which inform employees about health risks) and actual behavior changes. Programs range from single 45 minute lunch and learn sessions to multi-session behavior modification courses!

Wellness Challenges – Engage your organization in positive change!

Team challenges are a cost effective approach to improving the overall health of your workforce. Challenges build teamwork and morale – while encouraging healthy lifestyle habits! Well organized programs including incentives, enable your organization to motivate large numbers of employees to adopt positive health habits while fostering improved communication within departments.

Telephone Wellness Coaching – Give your employees the motivation to succeed!

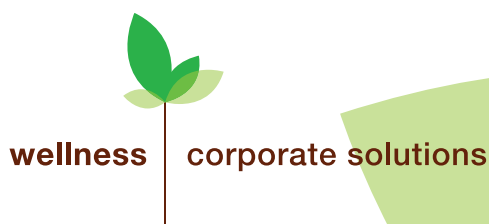
If you have ever tried to lose weight, maintain an exercise program, quit smoking, or live with chronic pain you know how difficult it can be! Personal coaching is the most effective way to help people make and sustain improvements in their health. Our coaches focus on improving nutrition, increasing exercise and stress management as these dangerous habits are the primary drivers of the most costly chronic conditions; obesity, high blood pressure, cancer, diabetes, and heart disease.

“ Health costs are reaching 20% of every dollar spent ”

**-Business Week
2/26/2007**

“ Starbucks spends more on health care than they do on coffee beans ”

**-Journal of
Occupational
Medicine**



Learn more online at
www.wellnesscorporatesolutions.com
or contact (301) 469-5411
(877) 469-5411



WCS CORPORATE WELLNESS PROGRAMS INCLUDE:

- | | |
|---|--|
| On-Site Health Fairs | Newsletters |
| Fitness, Nutrition and Stress Management Seminars | Telephone Health Coaching |
| Health Risk Assessments | Incentive Programs |
| Cholesterol Screenings and Education | Cafeteria/Vending Machine Nutrition Programs |
| Blood Pressure Screenings and Seminars | Diabetes Education |
| Ergonomics/Back Care | Flu Shots |
| On-Site Chair Massage | Bone Density Testing |
| Blood Glucose Screenings | Vision Screening |
| Body Composition Analysis | Family Health |
| Online Wellness Resource Center | Healthy Cooking / Catering |
| Organizational & Communication Skills Seminars | On-site Fitness/Yoga Classes |

“For every dollar spent on health promotion the return on investment is between \$2-\$8 in both direct costs and indirect savings.”

**-United States Department
of Health and Human Services**