

Comprehensive Wellness Solutions



Key Components of an Effective Wellness Program

1 Assessment

Purpose: Assess employee health risks, interests, and readiness to change. Assess corporate needs and overall culture. Provide information for planning and targeted programs.

- Health Risk Assessments (HRAs)
- On-Site Health Screenings
- Interest Readiness Surveys
- Employer/Employee Needs Assessments
- Cultural/Organizational Assessments
- Focus Groups

2 Awareness

Purpose: Increase awareness and understanding of risk factors and ways to improve health and wellness.

- Literature, Brochures, Newsletters
- E-Health Tips
- Self Care Manuals

3 Education

Purpose: Teach participants how to make behavior changes regarding individual and workplace health, wellness, and productivity.

- Seminars: Health/Wellness and Work/Life Topics
- Picture This Interactive Theatre and Experiential Education
- Targeted communications

4 Intervention

Purpose: Assist individuals to manage their own health and well-being and to make sustainable behavior changes for mind-body-spirit health at home and work.

- Employee Assistance Program (Short-term Counseling)
- Lifestyle Coaching and Intervention
- Lifestyle Change Programs: Weight, Fitness, Smoking, Nutrition and Stress

5 Measurement & Outcomes

Purpose: Use data to continuously improve impact, quality, and focus of health management programs.

HIGH PARTICIPATION



HIGH IMPACT