

Workplace Wellness Programming

A workplace wellness program offers your employees opportunities to live healthier and happier lives. Engage your workforce and strengthen your organization through increased productivity and healthcare savings.

BENEFITS OF EMPLOYEE WELLNESS PROGRAMS:

- Improves morale
- Improves employees overall well-being
- Increases job satisfaction
- Improves recruitment and retention
- Reduces absenteeism
- Decreases workers compensation injuries and disability costs

Health Programs:

- Health Coaching
- Health Risk Assessment
- Biometric Screenings
- Condition Management
- Tobacco Cessation
- Nutrition Counseling
- Influenza and Vaccines
- Musculoskeletal Wellness Programs

Stress and Mental Health:

- Employee Assistance Program (EAP)
- Employee Engagement
- Stress Management Programs

Education:

- Weight Loss
- Stress/Relaxation
- Sun Safety
- Back Safety
- Worksite Stretching
- Sleep Disorders
- Strength Training
- Grocery Store Tours

Services can be tailored to fit your workplace wellness initiatives.

Fitness:

- Exercise Assessment and Prescriptions
- Exercise Classes
 - Yoga
 - Interval Training
 - Zumba
 - Cardio Drumming
- Stretching Program

Screenings & Events:

- Derma Scan
- Bone Density
- Blood Pressure
- Body Mass Index
- Body Fat Percent
- Flexibility
- Balance
- Health Fairs

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