

Wellness Works For You

Corporate Wellness and Individual Health Coaching

2017 Wellness Programs and Information

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Wellness Works For You

Corporate Wellness and Individual Health Coaching

Health Fairs

Company wide health screening and educational opportunity!

In a fun, non threatening environment,
Health Fairs identify costly health risks areas for your company
and direct employees for care.

Health professionals provide health and safety information to encourage...

POSITIVE LIFESTYLE CHANGES!

Choose from a variety of:

Screenings, Educators, Presentations, Specialty Booths

Events are customized to meet your needs

and include:

Coordinating and implementation, Custom flier development to advertise your event,

Medical referrals, Graphic summary report

Call Today! 330 -714 - 2465

Cost: \$675.00 (3 hr. event) Cholesterol and Blood Sugar Screenings are an additional cost per employee.

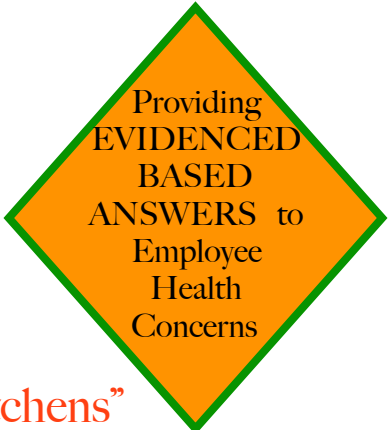
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Break For Wellness

Educational, fun and interactive presentations promoting positive lifestyle changes!

- “Top 5 Strategies for Total Wellness ”
 - “ Super Foods ”
 - “ Snacking For Disease Prevention”
 - “Inflammation The Good The Bad and The Ugly”
 - “Cancers Weakness”
 - “Eat Like a Diabetic To Avoid Diabetes”
 - “Healthy Cooking - Let’s Take Back Our Kitchens”
- “The Mediterranean Diet”
 - “Health At Every Size”
 - “Cooking For Busy Parents”
 - “Eating Well Made Simple”
 - “Boosting Your Nutrition with Smoothies and Juices”
 - “What’s In Your Cart”
 - “The Science of Happiness”



Providing
EVIDENCED
BASED
ANSWERS to
Employee
Health
Concerns

Cost: \$165.00 per 30-60 min session

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Ask the NURSE

Personal one-on-one Wellness Coaching and Health Management

Onsite Nursing program providing the opportunity for your employees to seek wellness coaching, medical advice and referrals from a professional they are familiar with and trust.

The RN will provide:

Wellness advice and recommendations to maintain good health, improve health and prevent future illness:

- i.e. physical fitness guidelines, goal setting
- information regarding proper nutrition
- stress reduction interventions
- age appropriate screenings guidelines and referrals

Chronic health problem management:

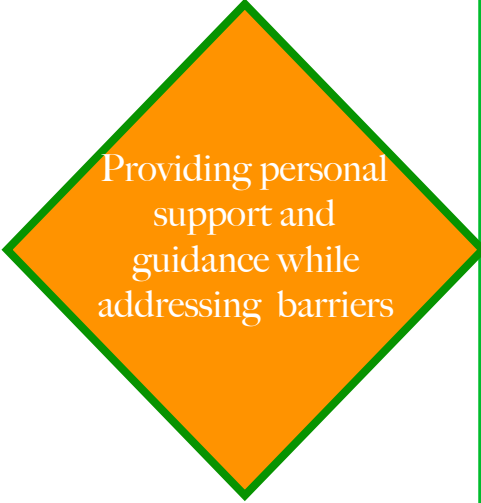
- i.e. High Blood Pressure, High Cholesterol, Diabetes, Cancer, Asthma

Medical advice for common health concerns:

- i.e. allergies, respiratory illnesses, mental health issues, muscular-skeletal problems and more

Basic health screenings:

- i.e. Blood Pressure screenings and Blood Sugar screenings.



Providing personal support and guidance while addressing barriers

Cost: \$65.00 (discount for >4 hr. per month)

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Health Coaching

Personal one - on - one Motivational Sessions

to Help Individuals Make Positive Lifestyle Changes

GOALS + SUPPORT = SUCCESS

COACHING OPTIONS:

- Health Using Evidenced Based Health Teaching to reduce health risks - ideal following Health Fairs.
- Nutrition: Education to reduce health risks and improve health - ideal following HRA's.
- Fitness: Assisting Employees to meet overall fitness and nutrition goals!
- Health at Every Size: Assisting Employees of all sizes to feel, and be happy and healthy.

Coaching
provides the
PERSONAL
ATTENTION
necessary for
CHANGE

Employees will meet individually with a Health Coach trained in
**Motivational Interviewing and
Evidenced Based Health Teaching.**

Sessions ranging from 10 - 60 minutes.

Cost: \$65.00 per hr.

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Corporate Fitness Program

30-60 minute Group Exercise Class at your worksite!

provided by:

Central Wellness

Full Body - Resistance - Cardio - Work-outs!

classes are motivating and progressive
for experienced and inexperienced exercisers.



Work site
exercise classes
KEEPS
PHYSICAL
ACTIVITY a
PRIORITY

Priced per group

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Call To
Schedule Today!

330-714-2465

Ala Carte

Bring Wellness to the Workplace with minimal
Interruption to the Work Day!

- **Blood Pressure Screenings:** \$65 / hr. (discount for greater than 4 hrs.)
- **Influenza Vaccines:** priced annually
- **Total Lipid Profile and Glucose (finger-stick- results in 10 min.):** \$45 / per person
- **Total Cholesterol and Glucose (finger-stick- results in 10 min.):** \$38 / per person
- **Health Risk Assessment (HRA):** priced per group.
- **Chair Massage:** \$63 / hr.
- **Drug Free Workplace Program Sessions:** \$300.00

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Health and Wellness Challenges

Choose from a variety of Challenges to promote and inspire a healthy lifestyle and BIG changes !

“REAL Food Challenge”

6-8 week challenge. Includes 20 minute small group sessions.

Each week participants take steps towards eating unprocessed , low sugar foods.

“21 Day Nutrition Challenge”

5 week Challenge. Includes 5 45 minute large group sessions.

The first week is the preparation for the Challenge followed by interactive lessons and food tastings for the subsequent weeks.

Participants eliminate highly allergic and addictive foods and reintroduce the final week.

“Stress Reduction Challenge”

4 week Challenge. Includes 10-15 minute private health coaching sessions or small group sessions.

Each week participants commit to stress reduction activities as they learn and practice relaxation and mindful techniques.

“Hydration Challenge”

Challenge time is flexible. Includes Individual or group sessions. Participants set personal goals and track progress.

Cost: Start up cost varies per Challenge. \$45.00 per hr. for onsite time.

Wellness



Works for You

Custom Programs for a Happier, Healthier Workplace.

Healthy Life Wellness Challenges

Easy, Affordable and Fun!
A little competition goes a long way !

On line Challenges - including:

Activity - Healthy Eating - Stress Reduction - Tobacco Cessation

Employees receive a personal portal to
track their Health and participate in Workplace Challenges.
Includes all of the benefits of the Wellness Portal including HRA!

Custom Corporate reports to track your
companies health risks and progress.

Paper Pencil Option Available! Priced separately

Cost: \$25.00 pppyear

Program start up cost: \$350 and support costs additional.

