

# Wellness at a glance

Look at how wellness solutions can work for you.



Welcome to our menu of workplace wellness solutions available for integration with EAP and Work-Life services. This integrated service is designed to seamlessly connect employees to coaching, work-life and clinical professionals. Live Well wellness initiatives motivate employees to make lifestyle changes that are positive for their well-being, as well as your organization's bottom-line. Employees have ongoing access to their professional team, plus a comprehensive collection of web resources to encourage emotional and physical well-being. The result is a healthier, balanced, more productive workforce.

We work with you to customize a wellness solution for your company drawing from the following services:

- Telephonic Wellness Coaching
- Health Risk Assessment
- On-Site Health Screenings
- 24/7 Nurseline
- Nursing Mother Assist
- Health and Wellness Seminars

## WELLNESS COACHING

Coaching pairs the client with a professional wellness coach for an immediate, solution-focused, wellness consultation by telephone or web. The coach answers employees' general wellness questions, develops an action plan, and motivates and supports clients through on-going wellness coaching. Coaches are available to consult on weight management, smoking cessation, fitness and exercise, stress management, and management of chronic conditions.

Embedded in our coaching products is our coaching web portal with enhanced online programming including trackers, videos, articles, assessments and our four multimedia healthy lifestyle tutorials.

- LivingLean (12-session weight mgt.)
- LivingFree (10-session smoking cessation)
- LivingFit (90-day walking program)
- LivingEasy (4-session resilience & stress)

## HEALTH RISK ASSESSMENT

Our robust online HRA enables members to identify lifestyle behaviors that increase risk for illness or accident. Employees are assessed in the areas of cancer risk, heart health, fitness, nutrition, safety, stress, weight management, smoking, and stress.

## ON-SITE HEALTH SCREENINGS

Your choice of venipuncture or finger stick is available during on-site health screenings to provide comprehensive data to truly assess the health of your employee population.

HEALTHY  
EMPLOYEES TAKE  
LESS SICK DAYS,  
HAVE FEWER  
MEDICAL CLAIMS,  
AND ARE MORE  
PRODUCTIVE. ISN'T  
THIS WHAT YOU  
WANT FOR YOUR  
WORKPLACE?

We invite you to learn more about how our solutions offer a comprehensive, yet affordable option for your employees.

Please contact us by calling

**(800) 969-6162**

Then start your employees on the road to a healthier life.

THE BOTTOM LINE  
healthier, more productive employees

HelpNet