

# The road to corporate wellness starts here



PreferredOne®



# We provide the direction. You choose the path.

## Path 1: Concise. The Goal: Create health awareness and establish a baseline of health needs

### CONCISE WELLNESS PACKAGE

- **Employee Health Needs & Interest Survey** (online and paper)
- **Health Risk Assessment** (online)
- **Biometric Screenings** (Big Three Bundled Package)
  - Option #1** – Total Cholesterol, HDL, Ratio, Glucose, Blood Pressure & Body Mass Index / Waist (2 hour recommended food/drink fast)
  - Option #2** – Total Cholesterol, HDL, Ratio, LDL, Triglycerides, Blood Pressure & Body Mass Index / Waist (12 hour recommended food/drink fast)
- **Wellness Program Consulting** (10 hours estimated) to include:  
Three, 1 hour wellness committee meetings facilitated by AdvantageHealth, plus 7 hours of consulting to create agendas, summarize meeting minutes and to draft the initial program plan for year 1.

## Path 2: Targeted. The Goal: Target your population's health risks

### TARGETED WELLNESS PACKAGE

- **2 Incentive Campaigns/Challenges**
  - Stress Less Challenge
  - Wellness Survivor
  - Healthy & Happy Challenge
  - Amazing Race to Wellness
  - Dog Days of Summer
  - Slim Down Challenge
  - Clean Eating Challenge
  - Deskercise Challenge
  - Strong Bodies
  - Skyscraper Challenge
  - Wellness Bingo
  - New Year, New You
  - Hold the Holidays
  - JustStep!
- **4 Wellness Seminars**
  - Chronic conditions
  - Family Health
  - Mental Health
  - Nutrition & Weight Management
  - Physical Activity
  - Safety
- **One-on-One Lifestyle Coaching Program** (3 month program, 6 coaching sessions) for 100 participants







# Take the first step



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