



Save Time & Energy on your 2023-24 Employee Wellness Program Designed Specifically for School Staff

Everything you need to administer and promote a successful corporate wellness program in a simple, packaged format. No wellness coordinator? No problem! If you do not have an allocated wellness coordinator in place to administer your corporate wellness program, AdvantageHealth has the next best thing.

We can send you packaged emails, e-newsletters, two wellness challenges, two webinars, promotional flyers and other program materials (basically everything you need) so you can simply cut and paste our content and attach our materials in an email to your staff. It will save you time, money and energy. We can also brand your materials for a customized, professional product.

Benefits of Employee Wellness in School Districts:

Employee wellness is crucial within schools and school districts as it directly impacts the overall educational environment and the success of students. When educators are prioritizing their wellbeing, they are better equipped to create positive classroom experiences, engage students effectively, and maintain a high level of job satisfaction.

A focus on employee wellness promotes reduced stress levels, improved mental health, and better work-life balance for teachers and staff. This, in turn, leads to increased retention rates, enhanced collaboration among educators, and a more supportive and harmonious school community.

By investing in employee wellness, schools and school districts not only demonstrate a commitment to the health and happiness of their educators but also contribute to the overall quality of education and the nurturing of future generations.

Benefits of Employee Wellness in School Districts:

- Improved Job Satisfaction & Morale
- Enhanced Performance & Productivity
- Reduced Absenteeism & Turnover
- Positive Role Modeling for Students
- Enhanced Collaboration & Communication
- Cost Savings
- Improved School Culture
- Improved Physical & Mental Wellbeing

What's Included in Wellness in a Box:



Comprehensive Programming.

9 months of comprehensive wellness programming, running September - May for the academic year.



Kick-off Letter from Senior Leadership.

Generate excitement for your program and signify the importance of employee wellbeing.



9 Educational E-Newsletter on Monthly Health Theme(s).

Let us educate and inspire your staff with 9 wellness themes and branded health education e-newsletters each month.



2 Employee Wellness Challenges (Fall & Spring).

Let us develop the customized and branded materials that allow you to quickly and painlessly administer and promote a wellness challenge for your staff two times per year. Choose two: Wellness Challenges.



2 Health Education Webinars (Fall & Spring).

You choose two health/wellness webinars for your school staff, and we administer and promote the events (live and recorded options) for your staff two times per year. Choose two: Wellness Webinars. Our two most popular are "Smart Nutrition for School Staff" & "Office Yoga."



Year-End Program Evaluation and Report.

Healthy Add-Ons for Your School/Worksite Wellness Program:

Biometric Screenings: Onsite employee biometric screenings that includes Body Mass Index (BMI), blood pressure, cholesterol & glucose (finger-stick) with results available in under 10 minutes!

Health Risk Assessment: Online questionnaire that allows employees to understand their health risks in under 15 minutes.

Health Coaching: Participants find their "why" and set and achieve goals with one of our health coaches. Confidential coaching sessions can be done via telephone or Zoom. Many packages are available,



Learn More or Get Started:

Email Kristine Keykal, MPH | CEO of AdvantageHealth Corporation
kkeykal@advantagehealth.com or call 612.823.4470 (select option "1")

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www.advantagehealth.com | 612.823.4470