



# Wellness Programs

## We can help you do business better

We offer programs **designed to optimize wellness efforts** by providing the right combination of preventive, clinical and consultative services. Together, we can develop a customized and highly effective Wellness Programs program to meet your wellness goals.

Comprehensive wellness offerings let your organization choose the perfect fit for your program and workforce. Our wellness professionals will partner with you to design and implement customized and comprehensive worksite wellness strategies that will help keep your employees healthy through education, challenges, incentive management and dedicated wellness programs.

### Our Services

Using evidence-based methods, our certified staff provide programming to motivate your employees to achieve better health. Once you've chosen a wellness strategy, offering incentives can increase your employee engagement. We partner with you to design and implement your wellness offerings and then help you track participant activities. Support materials for marketing and communication are provided to promote your wellness programs and activities.

**Biometric Screening:** Professionally trained and licensed screeners collect core biometrics, including height, weight, blood pressure, waist circumference, body mass index, cholesterol and glucose levels, and nicotine use. We use the latest technology to offer fast and accurate results.

### Comprehensive Wellness Portal:

- Personal health report with health score
- Company aggregate report
- Compatible mobile app
- Online event scheduling tool
- Incentive tracking and management
- Personal health assessment
- Fitness video library
- 25+ challenges
- Device syncing
- Eight behavior-change courses
- Health trackers and tips

**Wellness Specialist Services:** The wellness specialist will schedule on-site hours to administer your wellness initiatives including coordinating your wellness committee, wellness presentations, wellness newsletter, company-specific health challenges and more.

**Wellness Coaching:** Our board-certified coaches provide one-on-one support for those with or at risk for chronic conditions and for everyone facing such life challenges as stress, burnout, weight management, smoking cessation, fitness and sleep. Wellness coaches take the time to understand the factors in a person's life, identify barriers and help them take small, consistent actions that lead to lasting results.

**Lifestyle Management Programs/Classes:** Designed for behavior change, these ongoing sessions include group support including weight management, stress management, nicotine cessation and more.\*

**Presentations:** Our wellness professionals have created a variety of wellness topics to meet the interests of your employees.\*

**Work-Site Challenges:** Our wellness experts help you launch customizable, on-site challenges focusing on topics such as weight loss and maintenance, physical activity, nutrition, hydration and self-care to engage your workforce in healthy behaviors.\*

**Medical Training:** Sessions are available to help your workforce respond appropriately to medical emergencies, such as CPR, first aid and automatic external defibrillator (AED), and blood-borne pathogens.

**Vaccines and Lab Services:** Our team provides your employees with flu shots and other vaccines and lab services on-site.

\*Offerings include virtual and on-site options

## Why choose us?

- 99% participant satisfaction
- 98% overall employer satisfaction/ approval rating
- 95% client retention rate
- 96% likelihood to recommend Advocate Health to others
- Licensed and degreed staff (RN, RD, EP)
- Flexible scheduling to cover all work shifts including weekends at multiple locations
- Aurora clinician connection options for participants who do not have a doctor
- Local wellness coordinator as dedicated client contact
- 75+ micro-videos/wellness presentations and webinars

## SOLUTIONS for employers



Learn how we can work with you.

[AdvocateHealthSolutions.org](https://AdvocateHealthSolutions.org)