

 WELCOA's 2013

Buyer's Guide 2013



**It's Where Health Promotion Supply
Meets Health Promotion Demand**

5 Great Reasons...

Why **You & Your Employees** Will **Love** The **All-New Spark16 Healthletter!**

1 Each edition zeros in on your **top 10** most modifiable **health** and **productivity issues!**

2 It's **readable** and **action-oriented!**

3 The content is **award-winning!**

4 Spark16 is **advertising free!**

5 Fast facts, the latest research, & the best tips for **staying healthy!**



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WELCOA'S
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IGNITE YOUR BEST YOU.



Wellness Council of America (WELCOA)
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Buyer's Guide

WELCOME

Absolute Advantage is the interactive workplace wellness magazine that helps large and small employers link health and well-being to business outcomes. *Absolute Advantage* arms business leaders and wellness practitioners with leading-edge workplace wellness information straight from the field's most respected business and health experts.

With its online component, *Absolute Advantage* provides the industry's most current and accurate information. By logging on to the magazine's interactive website, you can access a whole new world of health promotion—including in-depth interviews with national health promotion experts and insider's information about industry products.

SUBSCRIPTION INFORMATION

For information about becoming a WELCOA member, contact the Wellness Council of America at (402) 827-3590 or via e-mail at wellworkplace@welcoa.org.

EXECUTIVE EDITOR | David Hunnicutt, PhD

Dr. Hunnicutt is President of the Wellness Council of America. As a leader in the field of health promotion, his vision has led to the creation of numerous publications designed to link health promotion objectives to business outcomes.

VICE PRESIDENT OF OPERATIONS | Brittanie Leffelman, MS

Brittanie is the Vice President of Operations and manages major writing projects at WELCOA. With a Master's Degree in Health Promotion, she regularly coordinates national health forums, major grants, and state and local wellness initiatives.

DIRECTOR OF MARKETING | William Kizer, Jr., MBA

As Director of Marketing, Bill is responsible for the design and oversight of WELCOA's marketing programs. With a Master's Degree in Business Administration, he communicates the value and benefits of WELCOA and its many products to organizations around the country.

DIRECTOR OF USER EXPERIENCE | Graden Hudson

Graden Hudson is an integral part of the WELCOA creative team. As a skilled and talented designer, he brings an attention to detail to WELCOA's array of web services. In his capacity as Director of User Experience, Graden lends his creative energy to advancing WELCOA's mission on a national playing field.

MULTIMEDIA DESIGNER | Adam Paige

Adam Paige is the Multimedia Designer for the Wellness Council of America. With over 25 years of corporate experience in design and videography, Adam brings a wealth of talent to WELCOA's creative branding standards. His most notable designs are featured in WELCOA's series of best-selling publications and the webinar certification training programs. He has a Bachelor's Degree in Studio Art from the University of Nebraska at Omaha.

GRAPHIC DESIGNER | Brittany Stohl

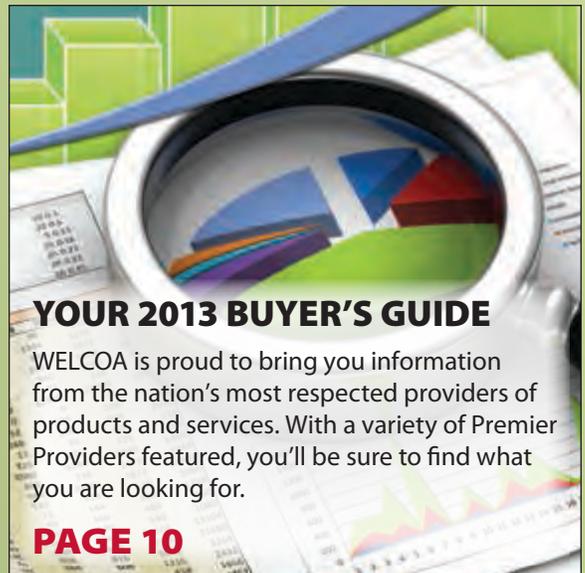
Brittany Stohl is the Graphic Designer for the Wellness Council of America. She has a Bachelor's of Fine Arts Degree from the University of Nebraska - Lincoln, and has achieved Holistic Health Coach Certification through the Institute for Integrative Nutrition. She brings a fresh perspective to WELCOA's line of publications and lends creative energy to advancing WELCOA's mission on a national playing field.

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WHAT'S INSIDE

You'll want to make sure to check out this section of the 2013 Buyer's Guide—it will lead you through the essentials on "what's inside."

PAGE 4



YOUR 2013 BUYER'S GUIDE

WELCOA is proud to bring you information from the nation's most respected providers of products and services. With a variety of Premier Providers featured, you'll be sure to find what you are looking for.

PAGE 10



GLOSSARY

Whether you are looking for an HRA provider, Disease Management group, or Online Services, you'll want to check out this section of the guide. Here you'll find companies listed by topic area giving you great resources right at your fingertips.

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INSIDE

The 2013 Buyer's Guide

For more than 20 years, the Wellness Council of America has been dedicated to providing its members with the very best tools and resources to help them build and sustain results-oriented wellness programs. As part of this mission, we offer the 2013 Buyer's Guide edition of *Absolute Advantage* to help familiarize health promotion practitioners with the increasing array of products and services available to them.

Within the pages of this Buyer's Guide, you'll find information on the field's leading product and service providers. With ads, articles and contact information, you'll be able to research and connect with these vendors—utilizing their offerings to help strengthen your employee wellness initiative.

By creating the 2013 Worksite Wellness Buyer's Guide, it is our hope that we can help health promotion supply meet health promotion demand.

We'd like to extend a very special thank you to the organizations that have participated in this year's Buyer's Guide. Their efforts to bring such leading-edge products and services to the marketplace are to be commended.

In closing, as you continue to grow and develop your program, we hope that you find this resource useful in locating the products and services that best complement your program. At the same time, if your organization would like to be featured in next year's Buyer's Guide, we encourage you to contact us at (402) 827-3590.

Best wishes for a healthy and productive 2013!

David Hunnicutt, PhD
President



American Institute For Preventive Medicine

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BSDI

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Catalyst Coaching Institute

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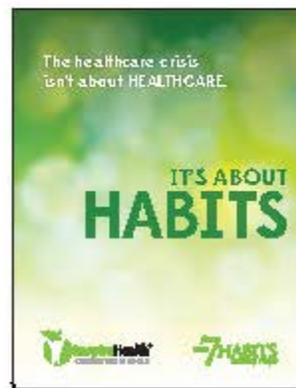
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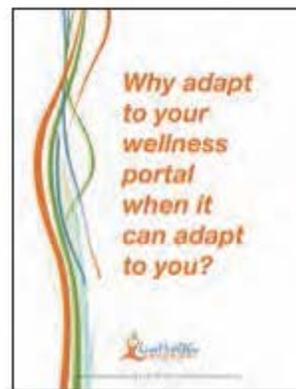
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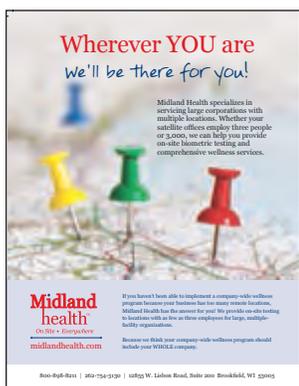
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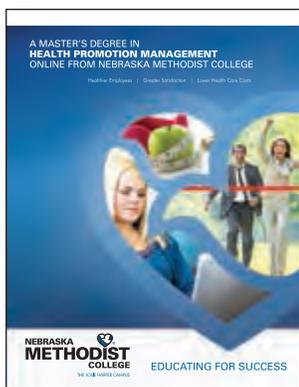
Validic/Motivation Science

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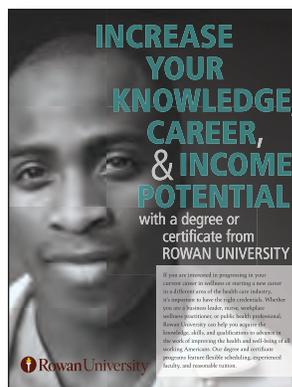
Cerner Corporation (PureWellness)

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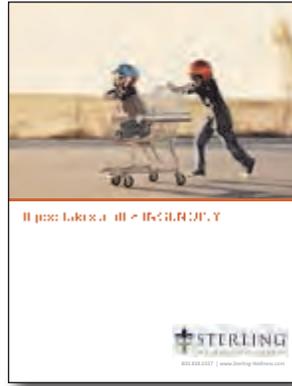


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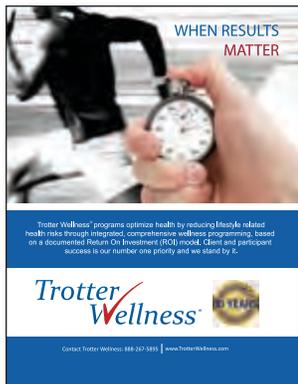
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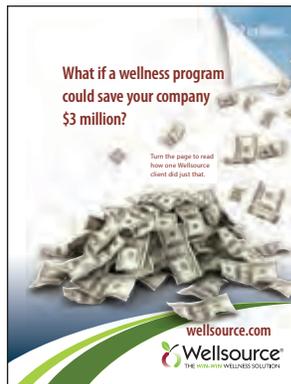
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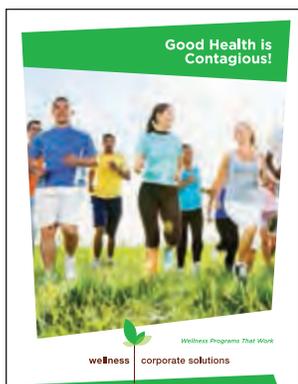
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STRESSED

about your

WELLNESS PROGRAM?



Try our

CALMER™ Approach

You can offer the 6 key components that should be included in your effort to create a culture of health - together or individually.



Communication

Newsletters | Calendars | Posters | Emails



Assessment

Health Risk Assessment | Biometric Screenings



Lifestyle Enhancement

Health Coaching | Online Wellness Challenges



Medical Self-Care

Families | Seniors | Men | Women | Children
Students | Prenatal | Emergency & First Aid



Education

Flyers | Video Clips | Incentive Management
Online Content | Brochures | Custom Products



Reporting

Custom Reports | Reliable Evaluations

Total Wellness from start to finish.

AIPM is uniquely positioned to be the only Wellness provider you need. From assessment to evaluation, in 30 years we have developed the most complete suite of Wellness offerings. Let our experienced consultants, with over 75 years of combined experience, help you design a program that's tailored for your organization.

Contact us for a catalog, more information and FREE samples.



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E-mail: aipm@healthylife.com

Website: www.HealthyLife.com



ACCREDITED
Comprehensive Wellnes

THE RULES OF HEALTH PROMOTION ARE BEING REWRITTEN...



The Motivation Alliance® uses the principles of *game mechanics* to maximize engagement



Talk to us! (888) 273-4348
Learn More! <http://BSDIWeb.com>
Try It! <https://www.motivationalliance.com>

Let the Games Begin!

What is Gamification?

Gamification is the process of applying game-design thinking to non-game applications to make them fun and engaging.



Why is it Effective?

BSDI's game design brings exciting new qualities to your program: clear, self-managed goals with an obvious path to success; a deeper, more meaningful context; and a rich social platform. Game design gives recognition to the human need for autonomy, "epic meaning," and social connectedness.

What About Health Promotion?

Health Promotion is what we do - gamification is only a tool. All of BSDI's legendary data management tools, our fully validated Wellness Profile HRA/HSA, popular online and mobile logging tools, template-based coaching platform, and amazingly flexible incentive system remain the heart of the portal.

Why BSDI?

BSDI is a leading health promotion company with over 20 years in the field. Nearly 200 health promotion programs use our web portals including the U.S. Department of Health and Human Services, the U.S. Army and Air Force and a who's who of Fortune 500 companies, hospitals and insurance companies.

<http://bsdiweb.com>

BSDI

(888) 273-4348

New Thinking, Classic Values

Engaging Challenges, Level-Ups and Team Success

The Alliance features daily and persistent challenges in five areas: Athlete for Life (activity tracking), Junk Food Averse (diet), Self Awareness (stress and other self assessments), Shared Purpose (social), and Master of Change (biometrics & performance).

Participants can quickly and efficiently record progress or they can explore our rich environment of leaderboards, social media, progress monitors and kudos. In addition to an overall point score, the site features level-ups (achievement milestones), allies, and a variety of badges.

We're All in This Together

The Alliance is filled with opportunities to make the experience more social. There are challenges that yield more points when done with friends, a shared "journal" to record roadblocks, ideas and successes, special recognition when an Ally receives a high status badge, and more.

Be a Part of Something Greater

Epic meaning isn't achieved by just doing things for yourself - it is achieved when friends, fitness and meaningful challenges all come together in one place.



Technology at the Cutting Edge

Wellness Profile HRA/HSA

- Fully validated / over half a million HRAs entered
- Integrated Readiness for Change
- Integrated PAR-Q Medical Readiness for Exercise
- Health Related Productivity Loss Instrument
- Risk Stratification using Edington's Criteria

Flexible Incentive Programming

- Link almost any behavior change to incentive program goals
- Attractive badge-based tracking

Online and Mobile App Logs

- Weight and other biometric logs
- Food logging with over 80,000 foods
- Workout logging
- Daily Challenges for activity, diet & stress management
- Smoking Cessation

Online Enrollment w/ Flexible Workflow
Integration with HR participant data export
Integrated Check-In Station
Template-based Coaching Tools
Targeted Bulk Email

BSDI's Legendary Data Analysis Centers

- Over three dozen online query tools
- Export to all popular formats
- Flexible querying and grouping
- Pivot grids for dynamic variable entry / analysis

World-Class Security and Availability

- Sophisticated, load-balanced server farm
- Multiple, redundant servers and facilities
- All staff with PHI Privileges have U.S. Government Security Clearances
- HIPAA, HITECH & GINA compliant
- Frequent security audits/continuous monitoring



Talk to us! (888) 273-4348
Learn More! <http://BSDIWeb.com>
Try It! <https://www.motivationalliance.com>

Would you like to become a Certified Wellness Coach?

Earn Your CWC designation as a Certified Wellness Coach in less than 6 months



CATALYST COACHING
INSTITUTE

The Catalyst Coaching Institute provides you with the following:

- A nationally respected, accredited, and instantly recognizable certification to enhance your credibility as a coach
- The inclusion of the critical on-site, face-to-face training that is so valuable to the overall learning process
- The opportunity to complete 50% of the training from your own home or office
- A strong combination between the theory behind the practice and the practical aspects of coaching that allow you to become a success
- A program accredited by multiple organizations including the American College of Sports Medicine and the National Athletic Trainers Board of Certification
- Personalized feedback from, and interaction with, a Mentor Coach during your training
- Knowing you have the support from one of the most respected wellness organizations in the country in your corner



Contact us today for details:

Results@CatalystCoachingInstitute.com

800-495-1343

Or visit us at www.CatalystCoachingInstitute.com

Better living *Through* better information!

At TRALE, we specialize in building customized health risk assessment (HRA) tools to meet your needs... and we can do it quickly and affordably. In fact, our cost and time to market ranges 50-75% lower than any of our competitors.



Online HRA's

The TRALE Online HRA application can be branded with your look and feel with comprehensive employee and employer reports.



Paper-based HRA's

The TRALE Backpack Portable HRA system is a standalone tool designed to be used in settings such as health fairs. We can brand these with your look and feel and with customized questions.



mybiocheck™
By TRALE



iPad application MyBioCheck™

An easy-to-use biometric health risk assessment application developed specifically for the Apple iPad. MyBioCheck™ is created specifically for screening companies and health coaching organizations. Each participant and the company receives an easy-to-understand REPORT CARD... and who doesn't want better grades?

Please visit www.Trale.com or www.MyBioCheck.com

SPECIAL OFFER—ORDER NOW!

Fitness That Works

SIMPLE MOVES TO MAKE EXERCISE HAPPEN FROM 9 TO 5

By Sean Foy, MA



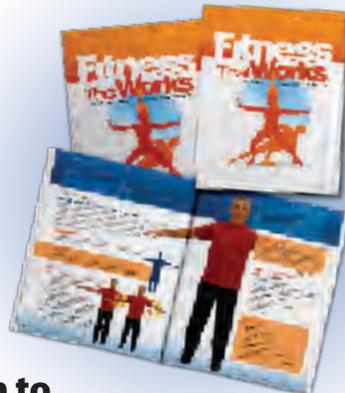
Log on to welcoa.org/getfit to place your order today!

The modern American workplace (which is often referred to as a “desk sentence”) and sedentary lifestyles are contributing to the decline of American workers’ health and fitness levels more than ever before. Understanding that fit, healthy employees lead to fit, healthy companies—employers are desperately searching for effective solutions to “make fitness work.”

With WELCOA’s *Fitness That Works*, you can offer your employees a proven fitness program that will help them move more throughout the workday—without breaking into a sweat or even leaving their cubicle to realize the benefits.

Fitness That Works focuses on seven “Simple Moves” that are proven to:

- Increase work productivity
- Lower body weight and improve self-image
- Fight office fatigue
- Reduce workplace stress
- Improve overall fitness and appearance
- And much, much more.



***Fitness That Works* is proven to benefit your employees’ health and vitality.**

“By leveraging simple moves that have HUGE payoff, Sean Foy’s *Fitness That Works* will impact you and your organization in important ways. Not only will you become healthier, you’ll also become happier, more productive and more engaged.”

David Hunnicutt, PhD
President, WELCOA

Fitness That Works...

The perfect incentive for your employees!

- Health Fairs
- HRA Incentives
- New Employee Orientation
- Lunch n’ Learns
- Behavior Change Campaigns



**WENDY IS FRUSTRATED BY
THE LIMITATIONS OF HER
WELLNESS TECHNOLOGY...**

**WHY CAN'T MY
PROGRAM DO WHAT
I WANT IT TO!**



corehealth
TECHNOLOGIES



*IF ONLY I COULD
FIND A KICK-ASS ONLINE
SOLUTION TO DELIVER ALL
OF MY WELLNESS
INITIATIVES...*

*THERE HAS
TO BE A
BETTER WAY!*



corehealth
TECHNOLOGIES

WHEN SUDDENLY!

WELLNESS



corehealth
TECHNOLOGIES



**WILO BY COREHEALTH
HAS MADE WENDY A
WELLNESS HERO!**



corehealth
TECHNOLOGIES

**FIND OUT HOW WILO
CAN GIVE YOUR WELLNESS
PROGRAM SUPER POWERS!**

**WWW.COREHEALTHTECH.COM
1.866.396.2673**

1

Schedule your screening

Simply submit your screening request form with the dates, times, locations and number of screenings. From there our team will reserve your dates, upload your event into our scheduling system and create marketing fliers to help advertise your event.

2

Employees select a screening option

Employees can schedule via our online scheduling system, phone application, or 800 phone number. Screening options include on-site, off-site clinic, physician submissions and home kits.

We take the complication out of the equation by

SIMPLIFYING *the whole*

biometric screening process

5

Data is exported

As a part of our standard service we can export screening data to any covered third party as frequently as daily.

4

Results are received – employee and corporate

Venipuncture reports are available in as few as 1-2 days. Finger stick reports are provided on the day of the event and include a results overview. A corporate aggregate report is provided within 5-7 days after the screening event.

3

Employees complete screening

Our standard screenings include a blood draw (venipuncture or finger stick) and basic biometrics such as height, weight, blood pressure, BMI and waist circumference.

Our **ADVANTAGES**



Pricing | EHS prides itself on the ability to offer the most robust screening program at the best value. As the nation's leading health screening wholesaler we are able to offer our customers unbeatable pricing based on the sheer volume of screenings that we administer annually.



Incredible Customer Support | A hallmark of EHS is the reputation we've earned for our consistency of delivering Incredible Customer Support. All EHS staff members are extensively trained on the importance of providing outstanding customer support in each phase of the screening process.



Client Satisfaction | With an average employee satisfaction rating of more than 99% and an employer average grade of an "A" you can rest assured that your screenings are in good hands.



National Staffing | Providing screening services in all 50 states with our network of more than 1,000 qualified technicians, 350 affiliated office locations, thousands of nationwide lab locations and licensed physicians in every state, we can ensure that no matter where your employees or clients are located, we'll get the job done.



Screening Options | We maximize your participation by offering numerous avenues for participants to get screened. We offer on-site corporate screenings, off-site clinic screenings, physician submissions and at-home testing kits.



Our Technicians | We only use the best in the business. Our technicians must pass a strict set of hiring requirements, background checks and license checks. All have been EHS-certified to work corporate wellness events.



Dedicated Support Team | Once your screening event is requested we assign a dedicated project management team who will be with you every step of the way to ensure an efficient and excellent screening experience.

Award Winning TECHNOLOGY

Encrypted Biometric Information Transfer System (e.b.i.t.)

Winner of a 2012 Verizon Innovation Award, our e.b.i.t. system essentially triples the speed of data delivery to both participants and our partners. For more information, visit ehealthscreenings.com/ebit to view a brief animated video on the technology.



Portal Integration and Data Transfer

We designed our entire system to integrate with third parties. Whether it's connecting to your portal via an SSO connection or setting up automated daily data exports, our skilled IT team is ready for the project.



Smartphone Application

Includes appointment scheduling, appointment reminders, off-site lab GPS mapping, screening surveys, physician submissions, report viewing and report archiving. Participants can simply scan a QR code or download it from the app store to install.



Online Scheduling System

Gives clients the power to manage multiple screenings easily and efficiently. Provides online scheduling, email reminders of date/time of appointment, on-line consent forms, online results display, online results storage, data transmission to third parties and tracks sign-up progress in real time.



Visit www.ehealthscreenings.com TODAY!
eHealthScreenings, LLC / 888.708.8807

eHealthScreenings
screenings made simple



Wellness Engagement Platform

Are you ready to move beyond the basics and add real engagement to your program? We're ready to help with a powerful set of tools to help your participants engage with wellness and with each other.

- ▶ **Boost participation with game and social features**
- ▶ **Spark change using friendly competition**
- ▶ **Build critical mass to change the culture**
- ▶ **Reduce key health risks in your population**

Our platform lets you run engaging programs across all your critical health areas throughout the year. The programs are online, mobile and social. And easy to customize, administrate and private-label.

We believe that keeping your healthy people healthy and building the culture of health are just as important as finding and reducing health risks. If you're ready to add engagement to your wellness program,

- ▶ **We have the platform you're looking for.**

Find out more

Wellness Engagement Platform

Physical Activity



Walking

Our walking challenges are a great way to help employees start moving their bodies. You already know how pedometer programs can boost walking - now find out how our social features can keep them engaged!



Physical Activity Minutes

Our activity challenges motivate participants to reach the 150 minutes of weekly activity they need for good health. A dose of friendly competition and a wide range of trackable activities will have them moving every day!

Better Nutrition



Fruits & Veggies

The More Matters Fruits & Veggies Challenge will have your participants filling their plates with great nutrition. As an added bonus, all those fruits & veggies on the plate tend to crowd out the empty calories and junk foods.



Healthy Hydration

The Healthy Hydration Challenge asks your participants to drink more water and less sugar-sweetened beverages. Americans drink 450 calories per day, making this one of the best targets for improvement!

The Engagement Piece of your Annual Wellness Cycle:

Keep your participants engaged all year long by running a 6 to 8 week program each quarter. We add and update programs annually, so check out the newest additions at www.extracon.com.

Custom Challenges

You can create your own points challenge easily using our platform. Or, have us create one just for you!

Healthy Weight



Team Weight Loss

Team Weight Loss Challenges build a support group for each participant as teams lose weight together. A spark of friendly competition and careful design to ensure privacy completes this great Challenge.

Maintain, Don't Gain

The Maintain-Don't-Gain Challenge is great to run during the Holidays or as a follow-on to a weight loss challenge. Participants learn and practice the skills to gain control of their weight for the long term.



Weight + Nutrition

Participants earn points for each 1% of weight they lose, and also for healthy nutrition choices like fruits & veggies and drinking water instead of sugar-sweetened beverages.

Integrated with Your Annual Incentive:

Our platform supports an integrated approach where challenge completions count toward participants' annual wellness incentive. You can also use drawings and prizes to add fun to each program!

Life Balance



Sleep Health

The Sleep Health Challenge asks participants to start tracking and improving the amount of sleep they get. They learn and practice the daily habits that contribute to good sleep quality at night.



Stress & Resilience

The Stress & Resilience Challenge will have your participants taking an active approach to stress management using meditation, yoga, guided visualizations, and other techniques on a daily basis.



Who's using Extracon?

Our clients range from name-brand national employers with more than 20,000 employees to small companies with as few as 200. Our clients include large healthcare systems and brands you may use every day.

We've done simple turn-key rollouts at small employers as well as SSO / data integration projects with wellness portals, private-label resellers and large employers.

Testimonials

Participation doubled compared to what we'd seen with our earlier, homegrown program.

- Leslie Kaiser, Bloomington Hospital

I am finding this platform to be a much easier way to get what I wanted to do quickly and across all the 14 locations of my company! Very excited to use it for more and other challenges!

- Karen Simpson Nelson, Pima Medical Institute

Do the Programs Work?

Visit our website to download "Just Add Engagement", our whitepaper with a variety of client stories and documented results. www.extracon.com

Ready to Get Started?

Request a time for your consultation with one of our health promotion experts by sending an email to info@extracon.com

During the consultation, we'll answer your questions about the platform and the buying process. We'll help you devise an action plan and determine pricing for your Extracon rollout.

Where does your organization stand in the dimensions of workforce resilience?



FEI partners with you to protect and enhance your workforce effectiveness and organizational resiliency. We offer flexible solutions for the full spectrum of your workforce resilience goals:

- Wellness
- Employee Assistance Program
- Work-Life
- Crisis Management

We leverage our proven resources, compassionate experts, and robust network to improve your employees' focus, empower your managers and prepare you to handle the unthinkable crisis, so that you can maintain a healthy, resilient organization.

For more information on strengthening the resilience of your organization, contact us today.

fei behavioral
health

800-987-4368

feinet.com



Wellness Connections

Wellness Connections®

Wellness Connections® uses a holistic, integrated approach, addressing health-related habits and behaviors in a context that includes the full spectrum of issues known to effect workplace productivity. This approach truly helps to make the “connection” between employees’ physical, emotional, and social well-being.

Blending behavioral health solutions with lifestyle management, this supportive system assists employees in taking an active role in their health and overall well-being. For employers, this “connection” offers a timely opportunity to increase

productivity while reducing medical costs, workforce health risks, and absenteeism due to illness.

Benefits of this approach to wellness include:

- Maximizing health and well-being to lower health care costs and increase workforce productivity
- Increasing productivity, engagement, and retention
- Maximizing personal effectiveness and well-being to contribute to business growth
- Helping employees achieve personal health goals

We believe that getting employees off to a good start and staying with them every step of the way will result in sustained lifestyle changes and a more active and informed health care consumer.

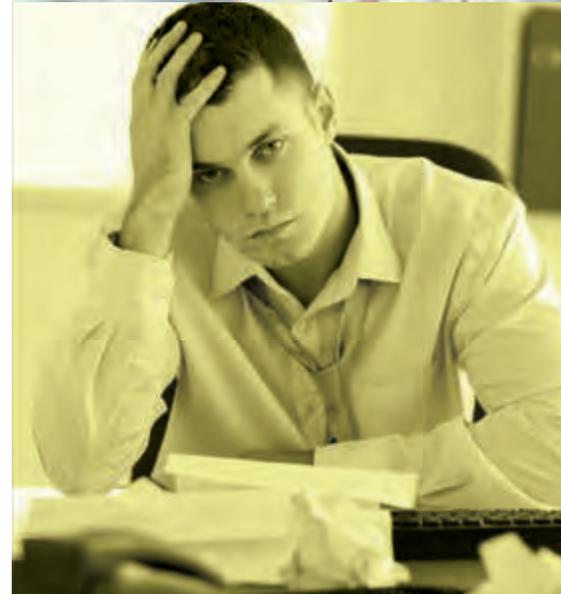


Employee Assistance Program

Dealing with personal or family concerns can make it difficult for your employees to remain focused on their work. FEI's Employee Assistance Program (EAP) provides the professional support they need quickly so they can stay productive while on the job.

We offer:

- Master's level counselors who respond to phone calls 24 hours a day
- Dedicated master's level Certified EAP account managers
- State-of-the-art database for detailed and customized utilization reporting
- Accessibility to in-person counseling within a 20 mile radius from the worksite or home
- Same-day appointments in urgent situations
- Crisis intervention services
- Full array of promotional materials
- Co-branded interactive website
- Unparalleled customer service



Work-Life

At any given time, nearly 20 percent of your workforce is dealing with a caregiving situation for children or an aging or dependent loved one. This means your employees may be making personal calls, arriving late or leaving early. FEI's Work-Life program provides employees with dependent-care resources they need quickly, so they can stay focused on their job.

FEI works with you to create a

dependent care program that fits your employees' schedule and needs. We offer assistance in many areas, including:

- Child care and parenting
- Elder care
- Dependent care
- Education (K-Higher Ed)
- Pre-retirement planning
- Family care issues
- Legal and financial consultation

Crisis Management

No one likes to imagine the worst case scenario, yet the perception of your preparedness in the wake of a disaster will have significant impact on your reputation and the continuity of your business. FEI offers consultation and support to help you implement the most effective plan. No one is better prepared to handle a crisis than FEI, because no one has more experience than we do.

Since 1979, FEI has responded to hundreds of critical incidents involving our customers. In addition to providing intervention in the aftermath of natural disasters and workplace violence, FEI has provided assistance to thousands of victims as a result of domestic and international terrorism events. As a leader in preparedness, response, and recovery, FEI integrates behavioral health expertise, emergency management experience, and technology to offer specialized services that address the human dimensions of crisis management and business continuity.

Planning and Preparedness Services:

- Consultation and Support
- Training
- Preparedness Exercises
- Plan Review and Benchmarking against Best Practices
- Enhance Organizational Resiliency

Response Services:

- Call Center Services
- On-Site Response and Support Services
- On-Site Logistics Services
- Information Management Services
- Personal Effects Recovery and Restoration
- Repatriation of Human Remains

Post-Incident Services:

- Organizational Support
- On-Site Debriefing Services
- After-Action Reports



Growing healthier, happier people

Are your healthcare costs and productivity losses tied to employee lifestyle choices?

Incentives can increase employee participation in wellness programs and help control long-term healthcare costs.

Investing in your employee's health with a GC Incentives™ wellness incentive program not only helps control expenses, but also protects and enhances your employee base.



*Help employees
manage health issues.
Achieve significant
company savings.*



The benefits of an effective wellness program include:

- Improved healthcare costs for employers
- Increased employee productivity
- Decreased rate of illness and injury
- Reduced absenteeism
- Enhanced recruitment and retention of healthy employees

Increase your company's wellness ROI

The better the participation,
the better the ROI. Employee
participation is often driven
by wellness incentive programs.
And that's where we excel, with
tools like the
SuperCertificate® REWARD.

It's why companies that
come to us generally save \$3 to \$4
for every dollar spent on a
GC Incentives™ wellness program.*

It's a smart strategy. And
GC Incentives makes it
incredibly easy to implement.



All gift cards are subject to terms and conditions. All trademarks are property of their respective owners. © 2013 GiftCertificates.com Corporation. All rights reserved.
*Baicker, K., Cutler, D., and Song, Z. 2010. "Workplace Wellness Programs Can Generate Savings." Health Affairs, 29:2. <http://content.healthaffairs.org/content/29/2/304.abstract>
<http://www.kpc.com/newsletters/documents/Workplace%20Wellness%20Programs%20can%20generate%20savings.pdf>



Your Wellness Solution

- Boost morale • Increase work productivity
- Cut healthcare costs • Improve employee wellbeing
- Decrease absenteeism



Our wellness incentive program solutions not only help your employees stay healthy; they help keep your business healthy too.

It's a true win-win. Turn to the SuperCertificate® REWARD when you are looking to motivate and reward employees for their participation in your company wellness program. One certificate redeemable for over 200 gift cards to their favorite merchants!

Contact us today at 877.568.8401 or visit us at www.gcincentives.com to learn more.



All gift cards are subject to terms and conditions. All trademarks are property of their respective owners. © 2013 GiftCertificates.com Corporation. All rights reserved.



FREE
your Self

Green Light
Wellness



Green Light Wellness

SHAPE *Not* Weight™

www.greenlightwellness.com

“Lifestyle management is the most powerful tool for improving overall HEALTH. We offer proven, easy-to-live-with solutions.”

Kenneth Forsythe, MD

Easy to Understand
Easy to Live With

As easy to understand as a traffic light!

-  GREEN means YES
-  YELLOW means LESS
-  RED means find a substitute





No Deprivation
No Drudgery

Foods that YOU choose! Eat When HUNGRY - Never by the clock - Activities that YOU enjoy - NO intensity - Low & Slow is the Way to GO!

Healthier SLIMMER Stronger!



GREEN Light Wellness Online Tools:

- Daily Tracking Tools
- Health Inventories
- Dr Forsythe's How to Videos for All Aspects of the System
- Food Lookup indexes for thousands of items
- Activity Lookup
- Nutritional Supplement Index and ratings
- Personal Health Record - so you keep track of what your Dr tracks
- Webinars
- Coaching - Ask the Doc Q & A
- Cooking/Food Tips - How to Substitute to make it GREEN
- Blog
- Forsythe Forum Newsletter
- Mobile App - Body Shape, BMI, Fitness Challenge, Food Index and more



Green Light Wellness

What We Do:

- Group Tracking
- Executive Retreats
- In Person Seminars
- Webinar based Seminars
- Wellness Challenges
- Customized Programs for Your Needs
- E-mail Reminders & Motivation



TRY OUR MOBILE APP

Visit greenlightwellness.com/mobile on your mobile device to use the mobile app!



Thank you for your interest in our Greenlight Wellness Program. If you have any questions or feedback please let us know and a member of our staff will contact you within one business day.

American Healthcare Enterprises
paula@GreenLightWellness.com



www.GreenLightWellness.com

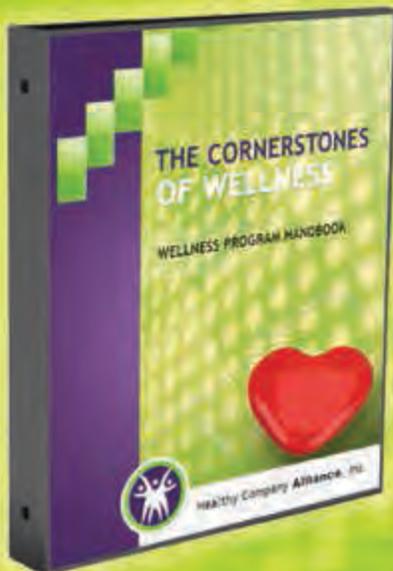
Whether you need just one solution or an entire wellness program, Healthy Company Alliance and our innovative wellness platform provides you with a customized, integrated, wellness system built for small groups, large businesses and whole communities.



Healthy Company **ALLIANCE**

Healthy Company Alliance is proud to offer:

THE ULTIMATE WELLNESS PROGRAM TOOLKIT



THE CORNERSTONES OF WELLNESS Wellness Program Handbook

- Step-by-step guide for structuring and implementing your program
- Interactive features that help you customize the process to meet your unique needs
- More than 100 pages of information and wellness resources

WITH FIVE BONUS OFFERINGS

Purchase now and receive bonus offerings, including a Resource CD, Health Fair Toolkit, Executive Summary Creator, premium subscription to Healthy Company Resource, and a \$100 discount on any Healthy Company Challenge.

Special
Buyer's
Guide
Pricing:
\$395



For more information visit: www.healthycompanyalliance.com/wellnesstoolkit

5 COMPREHENSIVE PROGRAMS

1 CUSTOM SOLUTION

CHOOSE JUST ONE OR COMBINE THEM ALL!



Healthy Company HRA

- HRA survey tool with online & paper format
- HIPPA & HITECH compliant
- Participant report & organization aggregate report
- Export data THAT YOU OWN for future use

www.healthycompanyhra.com

HC HRA



Healthy Company RESOURCE

- Source for program resources including articles, brochures, fact sheets, posters, toolkits and more
- Wellness Program Handbook and supporting tools written to guide Wellness Teams & Coordinators

www.healthycompanyresource.com

HC RESOURCE



Healthy Company LIFESTYLE

- Personalized, individual-based health coaching
- Accountability from certified wellness experts
- Access to web and mobile trackers, wellness resources, video library, personal action plans and more

www.healthycompanylifestyle.com

HC LIFESTYLE



"I love how fun and easy it is for participants to update information and stay connected with each other - it keeps everyone inspired to get and stay healthy!"

T. Smalley,
Wellness Program
Coordinator

CONTACT US!

Let us show you how the intuitive and easy-to-use Healthy Company Alliance wellness platform can support and strengthen your group's wellness program.

- ▶ Email us: info@healthycompanyalliance.com
- ▶ Call us: 408-883-4599
- ▶ Visit us: www.healthycompanyalliance.com



Healthy Company CHALLENGE

- Create and manage online wellness, fitness or weight loss challenges for a small group or multiple teams
- Choose our ready-to-use themes or create your own unique challenge with special rules and point structure

www.healthycompanychallenge.com

HC CHALLENGE



Healthy Company PROGRAM

- Customized wellness program portal with full admin panel for complete control of site
- Create activities, send messages, receive RSVPs and track participation points for all employees

www.healthycompanyprogram.com

HC PROGRAM



myhc is the user account profile, which gives easy single sign-on access to all of the HCA platform solutions. One account with one log-in for everything!

All data is stored securely in the cloud so that as your program grows, the **myhc** user managements grows with it, hassle-free!



WELLNESS PLATFORM LICENSING PROGRAM



Healthy Company
ALLIANCE

Are you a wellness professional?



Enhance your business with our fully-serviced wellness platform, tools, and products!

What you get with the program:

- Ability to resell the full version of the HCA Wellness Platform
- Special pricing available only to Licensing Program partners
- Option to co-brand all products to your company
- Complete admin access that lets you focus on the customer relationship while we focus on hosting, managing and improving the solutions
- Easy startup process backed by the full guidance of HCA support staff
- Exclusive territory rights, available to the right wellness professional partners
- Enrollment in HCA Academy, a complete training program
- Incentives and performance rewards



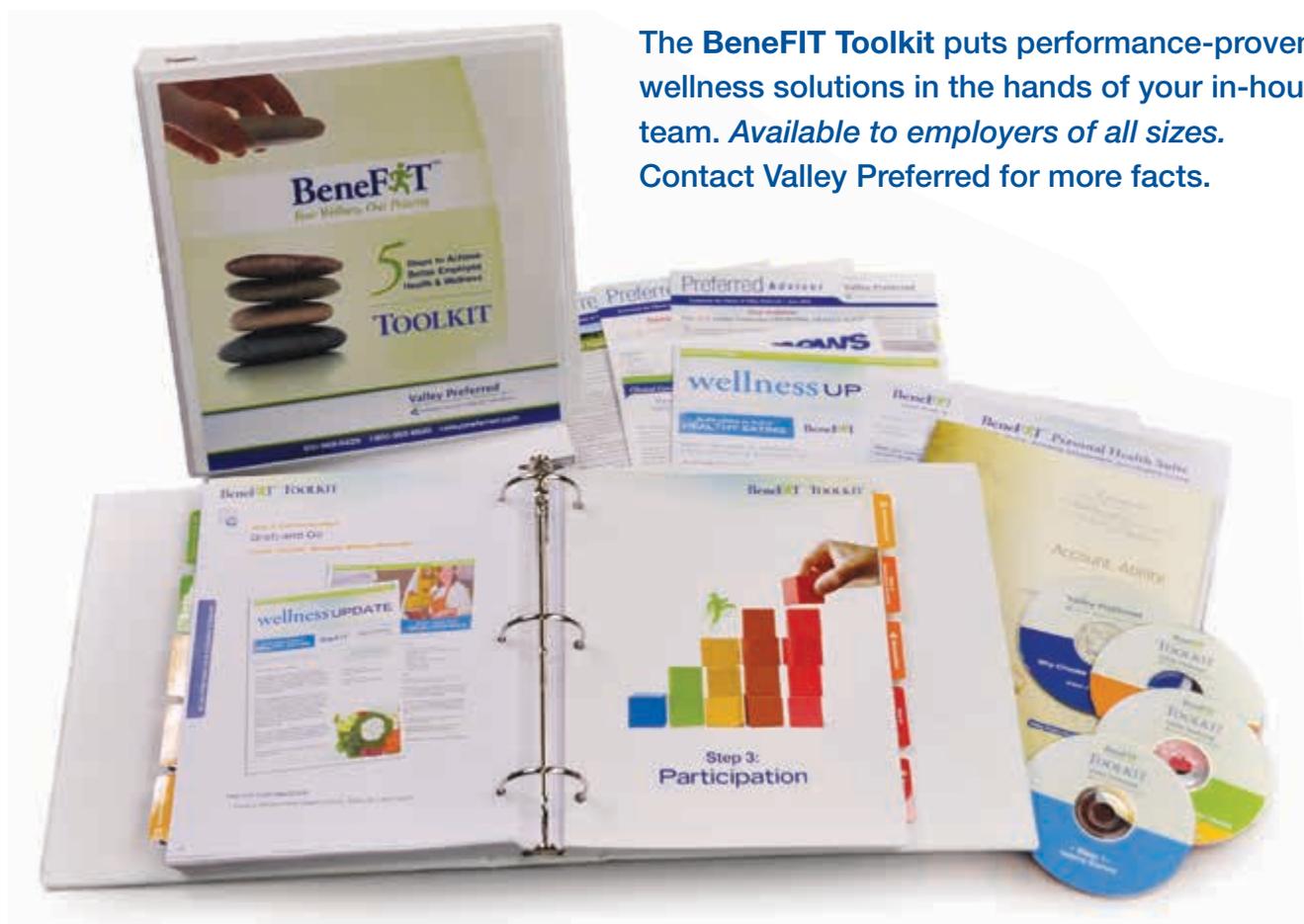
LEARN MORE opportunities@healthycompanyalliance.com

Put **BeneFIT**SM's
Wellness Program
To Work for
YOUR COMPANY

BeneFITSM is a leading provider of strategic solutions for employee wellness, available exclusively through Valley Preferred.

Our consultative services and the award-winning **BeneFIT Toolkit** deliver proprietary programs in a single resource designed for use by company wellness managers.

- The Toolkit's step-by-step format is easy to understand and simple to use.
- Our experts provide dynamic, creative ways to engage and educate employees while boosting workforce morale and recruiting power.



The **BeneFIT Toolkit** puts performance-proven wellness solutions in the hands of your in-house team. *Available to employers of all sizes.* Contact Valley Preferred for more facts.

Valley Preferred

LEHIGH VALLEY HEALTH NETWORK

BeneFITSM: Employee

BeneFITSM provides strategic wellness solutions designed to meet the unique needs of today's employee populations and work places.

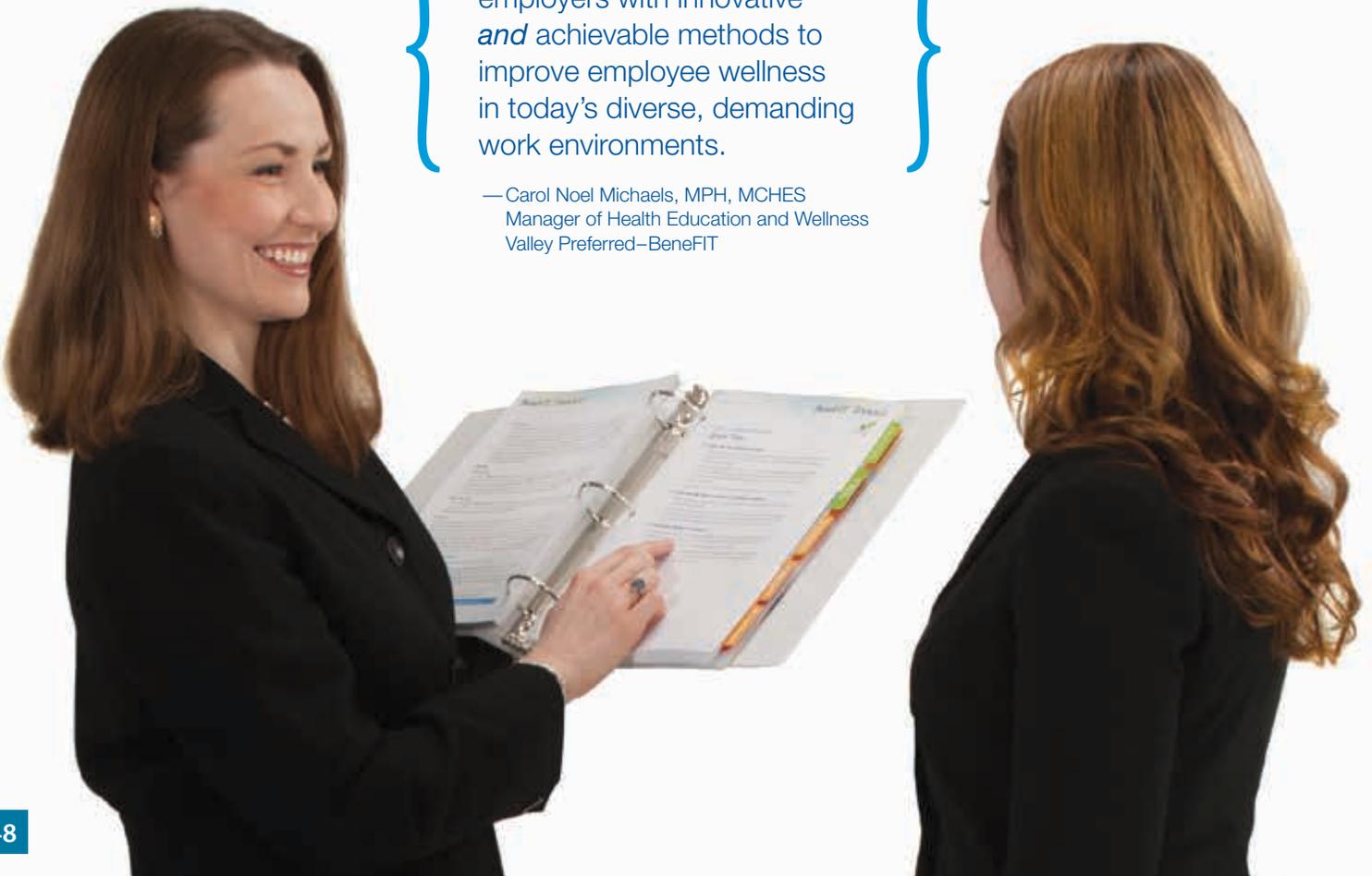
Developed by Valley Preferred—a leading preferred provider organization and innovator in health care—BeneFIT's corporate wellness programs are successfully used by employers of all sizes and have helped thousands of employees and their families live healthier lives.

BeneFIT provides:

- Comprehensive Wellness Program Planning and Implementation
- Health Coaching
- Programs and Expert Speakers:
 - Tobacco Cessation
 - Weight Management
 - Physical Activity
 - Stress Management
- Health Fairs and Screenings
- Health Risk Assessments
- Employee Assistance Programs (EAP)
- Consultation and Award-Winning BeneFIT Toolkit

BeneFIT is designed to provide employers with innovative *and* achievable methods to improve employee wellness in today's diverse, demanding work environments.

—Carol Noel Michaels, MPH, MCHES
Manager of Health Education and Wellness
Valley Preferred—BeneFIT



Wellness Solutions that Work!

Testimonials



“BeneFIT is well ahead of the curve in wellness programs to help employers manage health plan costs. After four weeks in a BeneFIT tobacco cessation program, 60 percent of the enrollees were still not smoking. It’s BeneFIT’s fresh, personalized approach that makes all the difference.”

—**Rocky Gencarelli**
Employer Benefits Consultant
Sterner Insurance Associates, Inc.
Coopersburg, Pa.



“Since partnering with BeneFIT, we’ve really noticed our employees engaged with wellness. The BeneFIT program has been easy to implement and, above all, it really works to get employees out walking and exercising. BeneFIT has been a great asset to our company.”

—**Elaine C. Rutkowski**
Wellness Committee Leader
Materion
Shoemakersville, Pa.



“BeneFIT’s health educators worked with us to tailor a workplace wellness event that fit our employee population and our budget. There was definitely a positive vibe in the air and the employee feedback was overwhelmingly positive. Our CEO was very impressed as well.”

—**Andrea Mory, PHR**
Human Resource Generalist
Tyndale Company
Pipersville, Pa.

BeneFITSM has absolutely proven to be a strategic **wellness program that works**

“Thanks to our partnership with BeneFIT’s wellness consultants and the **BeneFIT Toolkit**, we now have a strategic wellness program that works for the health of Univest’s 625 employees and their families.”

—**Julie Sheehan**
Benefits Specialist
Univest
Souderton, Pa.

Put *wellness* to work for your company. Contact Valley Preferred—BeneFIT TODAY.

610-969-0486 • 1-800-955-6620
healtheducator@valleypreferred.com



Valley Preferred

 LEHIGH VALLEY HEALTH NETWORK



CATALYST COACHING
INSTITUTE



What are graduates of the Catalyst Coaching Institute saying?

"As someone who is new to the field of coaching, I found the process to be extremely beneficial. After completing the on-site portion of the training, I felt confident enough to begin working with my own clients. And from the results I've seen since then, there is no question that what I've learned is really making a difference in their outcomes."

"The CWC training was a great experience. We learned from the instructor and each other and we walked away feeling confident to begin coaching!"

"Although I have been coaching for awhile, it was so good to refresh my skills and further develop techniques for coaching clients (through) having conversations about what matters most to them. What I learned will enhance my existing relationships with clients and help us to go deeper in our time together."

"The Catalyst Coaching Institute represents the best of both worlds when it comes to wellness coaching. You are really getting a well-rounded training program. Whether you are starting your own business or working for a company you will feel that you are prepared to start your journey as a wellness coach."

**Ready to get started? Looking for more details?
Interested in comparing this certification to other certification options?
Please contact us today to set up a personal discussion
with Suzanna, our Director of Coaching Education:**

Results@CatalystCoachingInstitute.com

800-495-1343

Or visit us at www.CatalystCoachingInstitute.com

**Did you see the interview WELCOA published about the Catalyst Coaching Institute?
Please visit our website for access**

CHENOWETH

ASSOCIATES, INC

32 YEARS OF EVALUATION EXCELLENCE

We can convert your program or plan data into **STRATEGIC INFORMATION**

Here is the kind of data we manage:



Medical claims



Health Risk Assessment



Rx drug claims



Biomedical/clinical risk



Productivity (absenteeism/
presenteeism)



Workers' Comp

Here are the clients that we serve:



Small Business



Government



Mid-size employers



Health plans



Large employers



Co-ops

A man and a woman in business attire are looking at documents on a desk. The man is leaning over the woman, and both are smiling. The background is a blurred office setting.

“Chenoweth & Associates delivered an economic analysis of physical inactivity, obesity, and overweight on time, on budget, and comprehensive in nature.”

-Anthem Blue Cross Blue Shield

CHENOWETH

ASSOCIATES, INC

32 YEARS OF EVALUATION EXCELLENCE

We can convert your program or plan data into **STRATEGIC INFORMATION**

Whether you're looking for a front-end program prescription, mid-program assessment, or back-end program evaluation, we can create and conduct a strategic evaluation plan around your demographics, culture, goals, policies, resources, and budget.



Benefit-Cost Analysis



Break-Even Analysis



Claims Data Analysis



Cost-Effectiveness Analysis



Forecasting



Present-Value Adjustment



Risk Stratification



Risk Factor Costing



Return-On-Investment (ROI)



Statistical Analysis

Books For Practitioners

Order one of our books that are jam-packed full of information on program planning and evaluation tools, guidelines, and how-to applications at: www.HumanKinetics.com





“Chenoweth & Associates are instrumental for organizations who want measurable outcomes to manage health.”

-WELLCO Corporation



CLUB ONE

IMPROVING EMPLOYEE HEALTH THROUGH WELLNESS CULTURE & CONNECTION

Club One partners with employers to design and deliver strategic wellness programs that produce results. Club One's expertise and tools ensure every layer of a successful wellness program is developed to fit individual employer needs and culture.

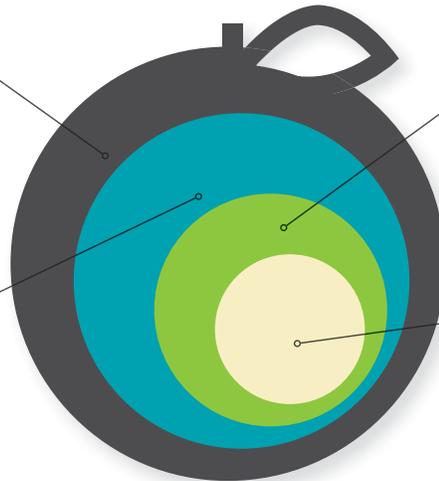
OUR APPROACH TO CORPORATE WELLNESS

1. Building Awareness

- Strategy & design
- Communication tool kits
- Tailored messaging
- Integrated programs

2. Creating a Wellness Culture

- Facilities
- Programs
- Policies
- Leader advocacy



3. Driving Employee Engagement

- Wellness portal
- Incentive design & tracking
- Activity challenges
- Wellness workshops

4. Supporting Health Stewardship

- Wellness plan
- Fitness & nutrition trackers
- Behavior modification tools
- Coaching

We Drive Employee Engagement Through Multiple Touchpoints



Detailed Reports Show Real Results

Monthly reporting allows us to track employee activity:

- + Online portal & program enrollment
- + Changes in biometric measurements
- + Health assessment completions
- + Survey completions

By the Numbers

Club One attributes the following successes to our corporate wellness approach:

80%+ of participants
in online Team Challenges reported
increases in physical activity

64% of participants
Health Assessment completion rate during a
global launch by partnering with Club One

150%
increase in employee engagement compared to
traditional onsite wellness programs alone

70%+ of participants
in online Team Challenges reported
improved nutritional choices



For more information please call 415/466-8055 or visit www.ClubOneInc.com/welcoa for a free case study.



We show you the way to
healthier, happier employees
while delivering measurable results.

**Then you get
all the credit.**



What more could you want from a partner?

 The best wellness programs inspire your employees to create and sustain healthy habits.

Truly successful worksite wellness programs exceed expectations, boost productivity, and drop more to the bottom line.

When employees lose weight, quit smoking, or simply start leading healthier lives, something extraordinary happens. Companies are transformed.

You're unique. Your needs are unique.

If all companies were the same and all employees never changed, a cookie-cutter program might work. But every company is different...and what motivates your employees is constantly changing.

That's why we work as part of your team, developing a customized program that fits your needs perfectly and creates positive changes that last.

At Health Designs, our proprietary services include:

- **Health assessments**
Paper or online
- **On-site biometric screenings**
One location or many
- **Face-to-face coaching**
For all participants, not just high risk
- **Planning, communication and follow-through**
That results in high participation
- **Executive reporting**
Including risk stratification

All of which means you and your company will be able to identify risks faster...evaluate trends...and manage your wellness program to achieve the very best results.

Imagine the results of a high-performing culture.

It can be yours.

If you're committed to your employees, Health Designs is the right partner. If you are responsible for finding a wellness program that understands your culture and delivers results, Health Designs is ready when you are.

We can help you build a solid foundation that creates a happier, healthier, more engaged workforce. And this forms the basis for a high-performing culture that can change lives as well as companies...what more could you want?

Take a look at what just three of more than 300 very satisfied clients have to say about Health Designs.

The coordination of our health screening, the professionalism of the Health Designs' staff, and their overall customer service were top notch throughout the entire process. We had on-the-fly adjustments that fit our culture, which is not always an easy task. Our expectations were high and Health Designs not only delivered, but went above and beyond. The staff that provided the Health Screenings for our employee base were friendly, knowledgeable, and held confidentiality to the upmost regard, which was our employees' greatest concern. We look forward to building upon this relationship for years to come and building a healthier workforce year after year.

Shaun Polasky, HR Generalist
Transitions Optical, Inc., Florida-based manufacturer
New client

Health Designs does an exceptional job in handling our health assessments, starting with the preparation all the way through to the end. The whole process is very streamlined, and the team is very professional. They make it a very upbeat event that we all look forward to every year.

Barbara Suponic, HR Manager
Osborn, a business unit of Jason Inc., a multi-state manufacturer
Client for five years

Health Designs worked with me personally in the scheduling of our ten locations for our informational meetings and the wellness fair. It was very difficult scheduling since we were working around physician schedules, but through this process I found Health Designs to be extremely flexible and helpful. We achieved a 92% participation rate in our program. This high percentage can be attributed to many different factors, including the professionalism shown by Health Designs.

Kathy Evans
Florida Health Care Plan, Florida-based insurance carrier
Client for six years

Call us with confidence at 904.285.2019.
Or visit us at www.healthdesigns.net.
Ask us how we can help you inspire healthier employees and healthier results.



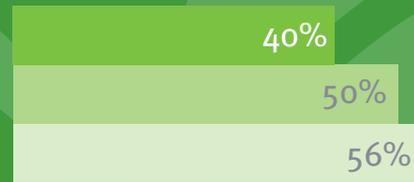
Risk Stratification

With the goals of reducing risks and keeping the healthy people healthy, here is just an example of what we did for one of our clients.

0 Risks



1-2 Risks



3-4 Risks



5+ Risks





Advisor
Population Reporting



Axis
Actions Platform



Dimensions
Screening Platform



Ecosystem
Third-Party Tools



BioIQ Dimensions

The BioIQ Dimensions Screening Platform is a versatile health screening platform that seamlessly combines your choice of screening methods



The BioIQ Dimensions Screening Platform Features:



On-Site Testing

Utilize customized communication & scheduling tools, save time for HR pros, & provide employees with the best on-site testing experience available



Lab Testing

Access a national lab network to empower members to find a location, print maps, get compliance-driving reminders, and access actionable results



At-Home Testing

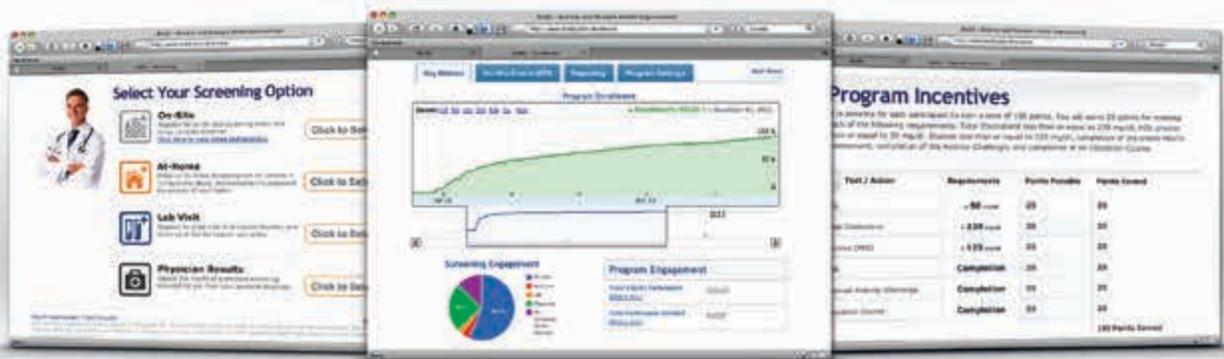
Engage small offices, remote employees, spouses, and new hires throughout the year with the most accurate at-home testing solution



Physician Results

Acquire data from annual physicals and screenings, integrate results with participant accounts, HR reports, and wellness data files

For more information, contact: Jack Rose VP, Sales
jrose@bioiq.com | 805-504-8586 x581



Achieve and Measure Health Improvement

For more information, contact: Jack Rose VP, Sales
jrose@bioiq.com | 805-504-8586 x581

Wellstream

Health Risk Assessment

Contact Wellstream Today For Your Price Quote

Web: www.getwellstream.com

Email: info@wellstreamonline.com

Phone: 402.827.3590

WELCOA's Online Health Risk Assessment

The Wellness Council of America, one of the nation's premier resources for workplace health promotion, is proud to introduce *Wellstream*. *Wellstream* is an innovative, user-friendly health risk assessment. This powerful online tool will help your employees to assess and monitor their personal health status. More importantly, *Wellstream*—through its aggregate reporting function—will allow you as an employer to decipher important organizational health trends and introduce the appropriate health management interventions.

Wellstream Is More Than Just An HRA

With more than two decades in the business of worksite wellness, WELCOA can help you set up an aggressive and effective communication campaign and incentives to drive up participation. So when you purchase *Wellstream*, you'll get much more than just an online assessment...you'll get a partner who is committed to helping you succeed.

Wellstream Is Affordable And Cost Effective

When choosing a health risk assessment, cost is always a factor. That's why we've chosen to price *Wellstream* competitively. In fact, you'll find that *Wellstream* is perhaps the most cost effective HRA in the industry. Please contact a *Wellstream* representative at **402.827.3590** or send an email to **info@wellstreamonline.com** to inquire about custom pricing.

Wellness Council of America (WELCOA)

17002 Marcy Street, Suite 140 Omaha, NE 68118 | Phone: 402.827.3590 | Fax: 402.827.3594 | www.welcoa.org



What's Your Company's Wellness Forecast?



HealthSource
Solutions

We've got you covered.



Based on Gallup's Wellbeing research and the book, *Wellbeing: The Five Essential Elements*, HealthSource Solutions created a model that pulls everything under one umbrella. A focus on wellbeing helps companies reach more employees by offering programs in areas that are meaningful to the individual.

“When you offer opportunities that enrich people's lives, there is a direct correlation between personal wellbeing and organizational success.”

- Mary Kruse, President, HealthSource Solutions

We can help you:

- » **Build** a program that meets the needs of your unique culture and employees.
- » **Design** a strategy to reach the goals and objectives of your program.
- » **Program** within the stages of readiness to change, increasing participation and engagement.
- » **Address** barriers and offer solutions.

“Our HealthSource Solutions coordinator became part of our community and built relationships at all levels of the organization. Our employees loved the creativity, personal approach, and collaboration. Through the offerings of our wellness programs and screenings, we identified major medical risks for our population.”

- Charlotte, VP-HR, Medtox Laboratories

Looking for an economical and fun way to engage your entire work community?

Look no further.

Our behavior change programs are recognized for high participation with low attrition due to built in social support. We offer two options to implement our programs:

- 1 Do it yourself** with our packaged toolkits.
- 2 Let us coordinate** it for you!

Our programs include:

- » Marketing materials
- » Program timelines
- » Tracking tools
- » Educational materials
- » Team or individual options

FEATURED PROGRAMS



STAND UP FOR HEALTH
A six-week challenge that will change the way you think about sitting and encourage you to make standing breaks a part of your lifestyle.



CREATING LIFE BALANCE
This eight-week campaign is based on the concepts of The Life Balance Pyramid. The goal is to restore a sense of balance and reduce stress in both personal and work life.



HEALTHY HABITS, HEALTHY YOU
Participants work on creating healthy habits around eating healthy, moving more, sleeping well and relaxing daily in this four-week program.



A NEW WEIGH TO MOVE, TO EAT, TO LIVE
This 12-week weight loss challenge will focus on incorporating healthy habits related to physical activity, nutrition and life balance to help reach weight management goals.

“ It was fun! We had little side competitions going within our team and against other teams. People were constantly in the stairwells walking. Even staff not participating were walking with us. ”

– Nurse, University Medical Center
(Every Step Counts Participant)



HealthSource
Solutions

763-287-0740

info@healthsource-solutions.com

FEATURED PRODUCTS



FAMILY FIT TOGETHER

Learn how to implement healthy habits for the whole family including cardiovascular activity, strength training, dietary guidelines, proper portions and healthy snack alternatives.



MEDICAL FILE FOLDER

The Medical File Folder can keep all of your medical information in one place, making it easier to share with physicians or family members.



TRAVEL WELL

A guide for traveling employees that focuses on physical activity, nutrition and life balance.



THE ACTIVITY SHUFFLE

The Activity Shuffle is a new way to encourage employees to get up and get active at the office. Each deck of activity cards contains 16 different strength and stretching exercises.



EVERY STEP COUNTS

The goal for this eight-week program is to motivate participants to track daily steps by wearing a pedometer.



CHOOSE WELL SERIES

There are three, four-week Choose Well programs available. Options include nutrition fundamentals, eating on the go and mindful eating.



HOME RUNS FOR HEALTH

In this eight-week physical activity program, participants explore and learn interesting facts about eight Major League Baseball parks as they add movement to their day.

Need more expertise?

Invite us in.



HealthSource
Solutions

Fitness Center Staffing

Our staff:

- » Support your corporate wellness strategy.
- » Design programs to reach beyond the fitness center walls.
- » Collaborate with all of our centers to develop products and programs.
- » Provide group fitness classes, personal exercise plans, fitness testing and member initiatives.

Onsite Health Promotion Staffing

Our staff:

- » Connect with all health promotion staff regularly for support and ideas.
- » Work with a network of health experts.
- » Collaborate with all staff to develop products and programs.
- » Create trust through relationships to maximize engagement.

“The atmosphere is upbeat and inclusive. Classes occur on schedule and at truly flexible meeting times. But most important to me, you really listen to each one of us to determine our constraints, goals, concerns and help us build a routine that fits our need.”

- Member, Medtronic Wellness Center

“We love our HealthSource Solutions wellness staff! They have become an integral part of the success of our on-site wellness facilities and programming. Our employees love coming down to the gym to take their great group fitness classes, get one-on-one coaching as well as to see their smiling faces everyday!”

- Lisa, Wellness Coordinator, Cargill

Don't know where to start? We have the solution.

Our Small Business Wellness Solution is a one-year, turn-key comprehensive and affordable wellness program for companies from 5 to 300 employees.

Comprehensive. The program includes monthly education, behavior change programs, environmental support, consumerism messages and account coordination. **Easy.** We do it all—plan, communicate, execute and evaluate. **Economical.** Based on your size, you pay one fee and you'll receive 12 months of programming and materials.

The healthcare crisis
isn't about HEALTHCARE.

IT'S ABOUT
HABITS



75% - 90% of all illness and disease is caused by:

LACK OF ACTIVITY



70% OF ADULTS ARE SEDENTARY

POOR NUTRITION



75% OF ADULTS DON'T EAT ENOUGH FRUITS AND VEGETABLES

RISK BEHAVIORS



46.6 MILLION ADULTS STILL SMOKE

These aren't clinical issues.
We simply need to **CHANGE OUR BEHAVIORS.**

but, CHANGE IS HARD.

In a study spanning almost 3 decades, Johns Hopkins University followed heart bypass patients that were told by their doctors that although they'd had surgery, if they didn't change their behaviors they would die. **Only 10% changed.** If change was so hard for these patients, no wonder it's hard for the rest of us.

We know what to do. We just don't do it.

We deserve a
new strategy.



Through a partnership with FranklinCovey, InspireHealth created a life-changing wellness program based on the timeless principles of The 7 Habits of Highly Effective People[®]. The 7 Habits has motivated millions of people, organizations, and even nations to create and sustain profound change, and continues to help even more people improve their life and health through The 7 Habits of Healthy People[®].

An unprecedented percentage of participants have shared healthy behaviors they've incorporated into their lives:



WEIGHT LOSS 50%



INCREASED ACTIVITY LEVELS 66%



IMPROVED PORTION SIZES 80%



INCREASED FRUIT INTAKE 66%



INCREASED VEGETABLE INTAKE 76%



REDUCED SUGAR INTAKE 50%
(INCLUDING SWEETENED DRINKS)



INCREASED WATER INTAKE 73%



IMPROVED SLEEP 46%

But health is not the end-game.
LIFE is.

Participants report feeling:

- less stressed
- more energetic
- happier
- more confident
- a greater sense of purpose

TESTIMONIALS

Fantastic! LIFE-CHANGING!

I feel BLESSED to have been able to participate.

I'm leaving this program a BETTER husband, father, and employee.

I'm AMAZED at how much better I feel.

This is the first time I have felt like my organization really CARED about me.

This program taught me to NOT GIVE UP.

This is a LIFESTYLE, and not just a week or month program.

The 7 Habits as a foundation provides the MOTIVATION to start & follow through.

“The 7 Habits of Healthy People® has assisted our team members with better understanding the life-long impact of a healthy lifestyle. The results have been amazing. We should have implemented this initiative earlier.”

- Paul J. Ballard -

CEO of Nashville MTA and Regional Transportation Authority of Middle Tennessee

“We have been extremely impressed with the program. The feedback from our employees has been great.”

- Robert Baulsir -

General Manager of Administration, Nashville MTA



EMPOWER YOUR EMPLOYEES TO **BE VICTORIOUS.**

Discover how The 7 Habits of Healthy People® will inspire your employees to lead extraordinary lives through better health.

‘Every action we take, everything we do, is either a victory or defeat in the struggle to become what we want to be.’

- Anne Byrhhe -



855.892.1932 | www.InspireHealth.com

Info@InspireHealth.com



***Why adapt
to your
wellness
portal
when it
can adapt
to you?***



Wellness Your Way...

- Year Long Access
- Making Wellness Local
- Team Challenges
- Milestone Reports
- Incentives
- Personal Goal Trackers
- Company-Branded Portal
- Peer-to-Peer Connectivity
- On-the-Go Mobile
- Measured Outcomes
- Fitness Plans
- Food Tracker & Recipes
- Health Articles
- Motivating Workout Videos



WHY DOES LIVE HEALTHY AMERICA WORK? IT'S TURN-KEY!

The power, accessibility and ease of the Internet to log and track progress...combined with the spirit of **TEAM WORK**...and a small dose of **FRIENDLY COMPETITION**...plus prizes and incentives to keep teams motivated...makes Live Healthy America an inspirational, fun and easy way for participants to get healthy and make positive choices to change their lives!



THE FACTS

Producing effective health promotion strategies means listening to our family of clients and their employees to identify what's important to them and how we can tailor their experience.



98%

of participants believe their organization should continue to offer a Live Healthy Challenge again.



95%

of participants rate the Live Healthy tools Very Important in their journey to a healthier lifestyle.



81%

of participants reported that they improved their diet during a LHA Challenge!



85%

of participants increased their weekly activity levels.



Live Healthy brought together a support group at the office that really held me accountable!

Although I try to live a very healthy lifestyle -- these types of challenges always helps me take it up a notch and try new activities.

Live Healthy helped me raise my awareness, provided a push to get moving and rethink my food choices!

Live Healthy gave me the push I needed to set my goal to run my first 5k!

I loved competing against our other offices and departments! It made the program more fun!

CHALLENGES

PARTICIPANT FEEDBACK

What type of challenges are important to you?

38%

Nutrition

33%

Stress

21%

Family & Kids

27%

Financial

29%

Memory Brain Game

34%

Lifestyle



What's Important to YOU in a Wellness Challenge?



Introducing 365+ Live Healthy America's empowering wellness platform.

Live Healthy 365+ provides fun team and individual challenges that are social, while at the same time offering tools to encourage commitment and delivering the elements of a successful outcomes based wellness initiative. Featuring engaging tools for goal-setting, calorie tracking, fitness plans, videos, recipes and local food discounts; no matter where your employees are in their journey you can get them involved.

**Call today for a demo of the new
Live Healthy America 365+**

888.282.0822

info@livehealthyamerica.org

www.livehealthyamerica.org



METHODIST WELLNESS SERVICES

ENGAGE EMPOWER ACHIEVE



We understand the challenges you're facing as an employer, because we face them too. Smart business leaders know that healthy employees contribute to a healthy bottom-line. They include employee health promotion in their business strategy. Dollars invested in employee health and wellness programs return two to three times their investment.

We are innovators in using lifestyle modification to improve health and well-being and reduce health care costs for companies and for families. We know how to create a culture of wellness within a workplace because we have done it within The Methodist Hospital System. Everyday our talented, highly-trained health promotion professionals are showing people how to change their futures by changing the way they eat, exercise and manage stress today.



We appreciate that the health and well-being of our 15,000 employees is integral to our success. We consistently place at the top in surveys of health care quality and employee satisfaction.

Methodist[®] The Methodist
Hospital SystemSM
Wellness Services

LEADING MEDICINE[®]



Healthy employees help create a healthy bottom-line for their companies.

Let us show you how to make wellness an integral part of your corporate culture to drive improvements in both individual and organizational performance.

We offer effective, efficient and scalable health management solutions tailored to your business strategy and budget. We define metrics that reflect your goals and objectives, and enable you to validate your decision to include employee health promotion in your overall business strategy.

Partner With Us

We'll work with you to better understand your organization's specific population, then design health management solutions unique to your strategic priorities, budget and desired results.

Defining Your Strategic Priorities

Methodist Wellness Services can help you do the following, and more:

- Reduce healthcare costs
- Improve employee health status
- Reduce health risk factors
- Increase employee productivity
- Enhance business performance

The Art and Science of Wellness

Methodist is committed to leading medicine, including wellness and prevention. Our goal is to improve the health, well-being and personal effectiveness of every individual we touch. We combine the art of delivery with the science of behavior change to tailor interventions based on each person's specific needs and circumstances. We treat each person as a unique individual on a personalized path to healthy lifestyle improvements.

Our Portfolio of Wellness Solutions

Our dedication to science, research and best practices combined with our experience, culture, training and values prepare passionate, credentialed wellness experts to consistently deliver high-quality wellness programs and services.

Our integrated wellness solutions covers the full spectrum for creating a healthy population. From health and wellness promotion, health condition management, and behavioral health, to wellness program management, or establishing an onsite clinic. All grounded in science, featuring participation and engagement solutions. We provide multi-modal wellness solutions including one-on-one or telephonic support, as well as electronic and online solutions.

Our Wellness Solutions include the following:

- Multi-Modal Solutions
 - Physical Exams
 - Immunizations and Vaccinations
 - Travel Health Services
- The Methodist Health and Wellness Management Portal, Powered by WebMD

- Onsite Management Services
 - Management of onsite wellness clinic
 - Management of onsite fitness center
 - Onsite wellness coordinators and program management
- Onsite Wellness Solutions
 - Healthy Lifestyle Coaching
 - Weight Management and Nutrition Programs
 - Fitness Programs
 - Educational and Informational Events
 - Stress Management Programs
 - Health Condition Management
 - Tobacco Cessation
 - Health Screenings and Assessments
 - Physical Exams
 - Immunizations and Vaccinations
 - Travel Health Services

Real Results

For every health management solution that is implemented, we'll define metrics that reflect your goals and objectives, such as:

- Improvement of your population's health
- Health risk factor reduction
- Employee participation and engagement
- Program completion, satisfaction and outcomes
- Rewards redemption and fulfillment
- Return on investment and many other ways to measure our success.

We also have scorecards and dashboards that can be tailored to your strategic priorities.

[DOWNLOAD OUR BROCHURES](#)
methodistwellness.com

Our Team of Wellness Experts



Everyday our 85+ talented and highly-trained health promotion professionals are showing people how to change their future by practicing prevention and changing the way they eat, exercise and manage stress. They know how to help you define and reach your population's individual and group health management goals.

Our business is led by a team of wellness experts who are extremely passionate about helping people improve their health, well-being and personal effectiveness while also assisting both employers and individuals in managing escalating costs.

The Methodist Wellness Team is comprised of the following multi-disciplinary professionals:

- Physicians
- Nurses
- Health Promotion Experts
- Certified Health Education Specialists
- Exercise Physiologists
- Certified Personal Trainers
- Behaviorists
- Licensed and Registered Dietitians
- Licensed Massage Therapists
- Licensed Acupuncturists
- Ergonomic Specialist
- Certified Wellness Coaches
- Certified Medical Assistants
- Administrative Staff

So What's Best for Your Organization?

Contact Methodist Wellness Services and together we'll get your company or organization on the fast-track to healthier employees, improved productivity and more fiscally responsible results.

methodistcorporatwellness.com

CONTACT US TODAY

Corporate Sales/Wellness Consultant

713-441-5525

wellnessconsultant@tmhs.org



METHODIST WELLNESS SERVICES

ENGAGE EMPOWER ACHIEVE



Programs and Services

CORPORATE ONSITE

- Complementary and Alternative Medicine
 - Massage Therapy and Acupuncture
- Corporate Clinic Management and Staffing
- Corporate Fitness Center Management
- Corporate Health Seminars and Workshops
- Drug Screening
- Ergonomic Assessments
- Fitness Programs
- Health and Wellness Management Portal, Powered by *WebMD*
- Health Risk Appraisals and Biometric Screenings
- Health Screenings and Assessments
- Healthy Lifestyle Coaching
- Managing Health Conditions
 - Well Managed Programs: Diabetes, Hypertension, Cholesterol, Metabolic Syndrome
- Nutrition and Weight Management Programs
- Onsite Corporate Wellness Coordinators
- Strategic Health Management Consulting
- Stress Management Programs
- Tobacco Cessation
- Vaccinations*
- Wellness Challenges

PREVENTIVE HEALTH

- 'Fit for Duty' Physicals
- Integrative Medicine
- International Health Assessments
- Pre- and Post-Employment Physicals
- Premier and Comprehensive Executive Health Assessments
- Proactive Wellness Physicals*
- Travel Health

Your Partner for Comprehensive
Worksite Wellness Solutions to improve
health, well-being and performance

methodistcorporatewellness.com

Corporate Sales/Wellness Consultant 713-441-5525
wellnessconsultant@tmhs.org

Appointments 713-441-5978

*The vaccinations and the proactive wellness physicals can be offered in our clinic or onsite and have the option of being billed to insurance.

Wherever YOU are We'll be there for you!

Midland Health specializes in servicing large corporations with multiple locations. Whether your satellite offices employ three people or 3,000, we can help you provide on-site biometric testing and comprehensive wellness services.

**Midland
health™**

On Site • Everywhere

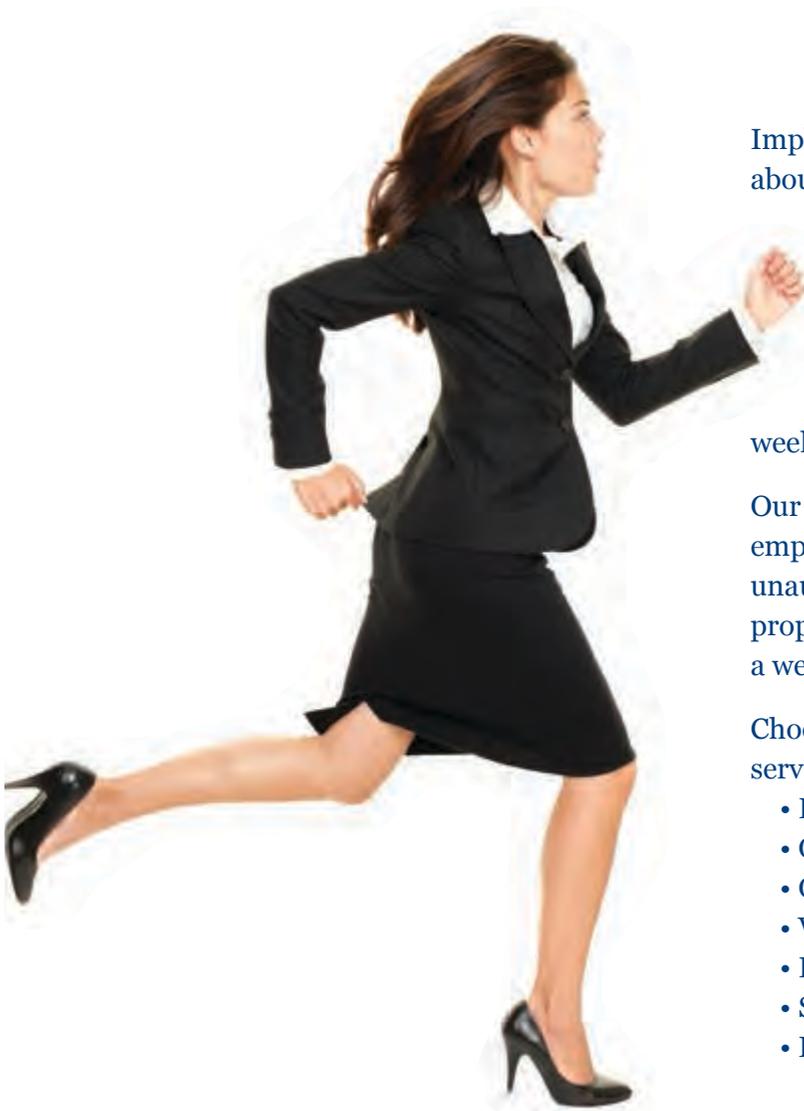
midlandhealth.com

If you haven't been able to implement a company-wide wellness program because your business has too many remote locations, Midland Health has the answer for you! We provide on-site testing to locations with as few as three employees for large, multiple-facility organizations.

Because we think your company-wide wellness program should include your **WHOLE** company.

Corporate Wellness Programs

faster



Implementing a wellness program isn't about talking, it's about DOING.

That's why Midland Health provides on-site biometric screenings with instant data transfer to our analysis center. We know that you and your employees don't want to wait three weeks for test results.

Our secure data system locks in your employees' results, protecting them from unauthorized changes. Couple that with our proprietary incentive system, and you have a wellness program that actually works!

Choose one or all of our comprehensive services:

- Health Risk Appraisals (HRAs)
- Online appointment scheduling
- On-site biometrics and blood testing
- Venipuncture or finger stick
- Health coaching
- Sleep apnea questionnaires
- Flu shots

We provide services for other wellness providers and specialize in working with large companies that have multiple locations. We can even provide programs in different languages.

Midland health™

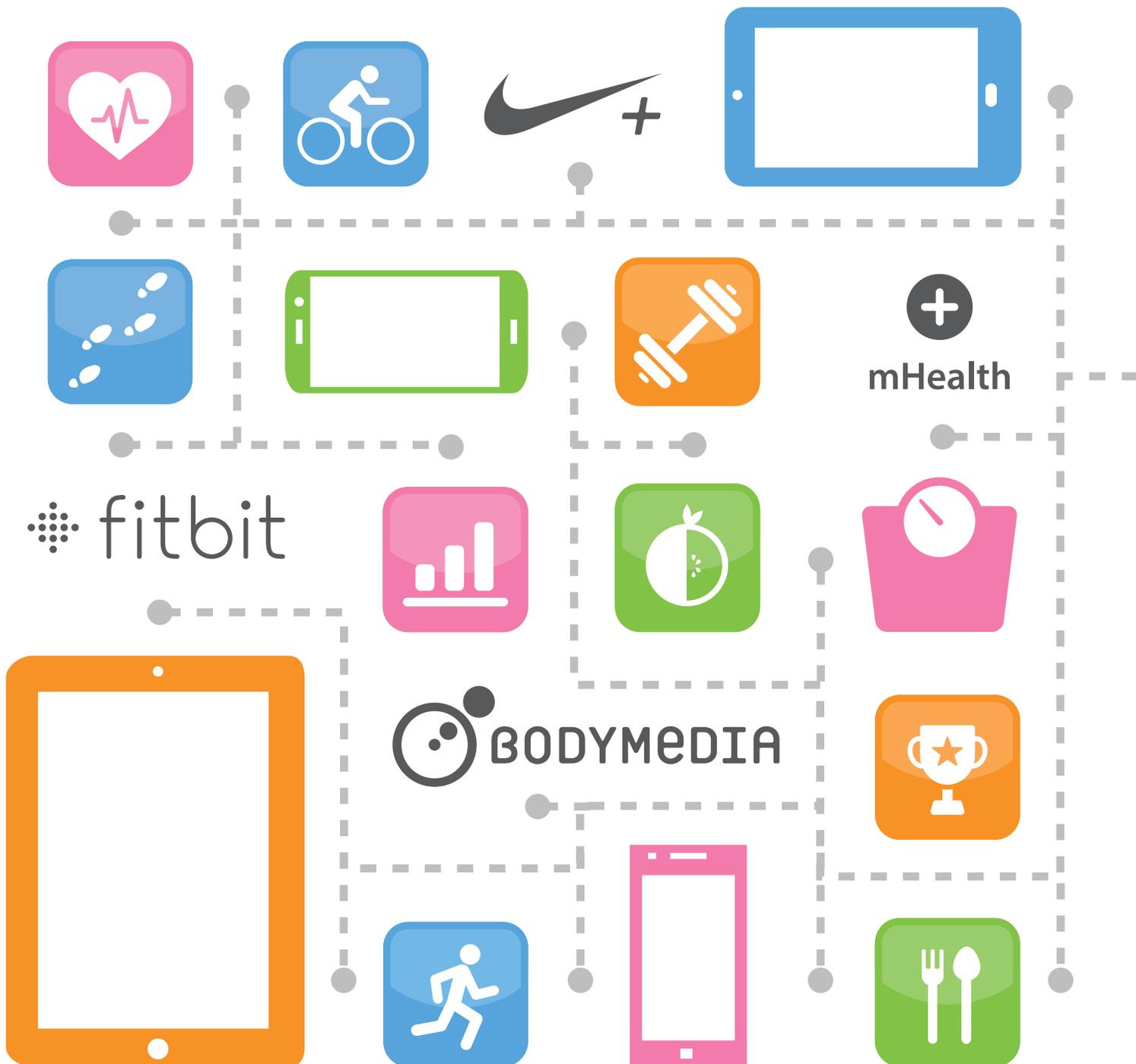
On Site • Everywhere

midlandhealth.com

800-898-8211 | 262-754-3130

12855 W. Lisbon Road, Suite 200 Brookfield, WI 53005

A WORLD OF MOBILE HEALTH APPS AND DEVICES...



**...ONE EASY
CONNECTION.**



**LEARN MORE AT
[VALIDIC.COM](https://www.validic.com)**

THE FUTURE OF WELLNESS

More and more, your employees are choosing to use apps like Fitbit, Nike+ FuelBand, RunKeeper, and MapMyWalk, rather than your existing wellness portal.

Validic works with your wellness technology vendor to instantly give your employees access to dozens of mobile health apps and devices through your wellness program.

Now you can have access to all of your employees' health activity data wherever they choose to be active.

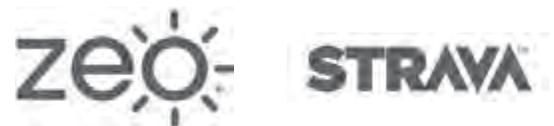
That's the future of wellness. That's Validic.

Ask your wellness technology vendor if Validic is right for your wellness program.



VALIDIC

Connects with:



by **fat**secret

And more!

WELLNESS VENDORS

We connect with dozens of mobile health apps so you don't have to.

Validic's plug-and-play technology makes it easy and inexpensive to connect mobile health apps and devices with your existing products.

Contact us today for a demo or check out Validic.com.

LEARN MORE AT [VALIDIC.COM](https://Validic.com)

APP DEVELOPERS

Get instant distribution for your mobile health app or device — for free.

Validic's Health API is quick and easy to integrate with. Add your health app or device today, and tomorrow it will be deployed to thousands of new eyes.

Get started at Validic.com/developers.

LEARN MORE AT [VALIDIC.COM/DEVELOPERS](https://Validic.com/developers)

A MASTER'S DEGREE IN HEALTH PROMOTION MANAGEMENT ONLINE FROM NEBRASKA METHODIST COLLEGE

Healthier Employees | Greater Satisfaction | Lower Health Care Costs





GREAT CAREERS IN CORPORATE WELLNESS AND HEALTH PROMOTION START WITH A GREAT EDUCATION

Whether it involves promoting wellness across communities or managing the wellness of entire workforces, no college can prepare you like Nebraska Methodist College. We offer some of the finest instruction anywhere in a flexible online format that's convenient for working professionals like you. This is a great opportunity to advance your career and expand your opportunities. And it starts by choosing a top-tier education at Nebraska Methodist College.

**NEBRASKA
METHODIST
COLLEGE**
THE JOSIE HARPER CAMPUS



“The Health Promotion Management program was perfect. It allowed me to advance my career in worksite wellness while targeting my specific professional needs. Everything I learned truly applies to my profession today—and it shows.”

Teresa L. – HPM Alum
Kentucky Department for Public Health/Kentucky Chamber of Commerce



HEALTH PROMOTION MANAGEMENT DEGREE 100% ONLINE

This program integrates the art of wellness with the science of business change management. Graduates are prepared to be leaders and managers with the advanced financial, organizational, management and communication skills needed to assess and improve organizational wellness.

- Master's program completed in as little as 16 months
- Taught by expert instructors experienced in their academic fields
- Fully-accredited by the Higher Learning Commission
- Program aligned with required competencies in the *Seven Areas of Responsibilities for Health Educators* (of which CHES exam credential is based upon)
- Graduates become leaders improving employee productivity, reducing healthcare costs, and helping others choose a healthier way of living



A PROGRAM DESIGNED
FOR YOUR SUCCESS

Through Nebraska Methodist College, students learn how to build and revitalize corporate wellness programs for peak performance. Whether in a capstone class, a worksite, a school, or in the community, we require every student to develop a comprehensive, successful health promotion program before they graduate.

HEALTH PROMOTION MANAGEMENT DEGREE FOR BETTER EMPLOYEE HEALTH AND A BETTER BOTTOM LINE

AN EDUCATION FOR YOUR SUCCESS AT NMC

Your degree in Health Promotion Management is an asset to your career. Graduates become leaders who are prepared with the knowledge and skills needed to review, build and improve health and wellness programs. That's the power of a Nebraska Methodist College education.

**our graduates are maximizing
wellness at organizations and in
communities across the country**

- Kraft Foods
- Stanton Group
- GlaxoSmithKline
- Pfizer Inc.
- University of Colorado Hospital
- Mutual of Omaha
- Berkshire Medical Center
- Applied Underwriter
- Union Pacific
- Federal Occupational Health
- Ottumwa Regional Health Center
- Kentucky Department for Public Health



GET STARTED TODAY

Call Laurel Zentner at 800.335.5510 or 402.354.7170
or visit www.methodistcollege.edu

720 N. 87th St. | Omaha, NE 68114

Occupational Medical Consulting, LLC



OMC
WellnessWorks®

OMC WELLNESS WORKS

A Better Solution for...

Rising Health Care Costs • Your Employees
Your Business • Your Bottom Line

Testimonial

“The face-to-face approach to engaging team members and their families has been one of the keys to the success of the Healthy Lifestyle Program. Health Coaches interact with team members and families on the job, during work, in the evenings, and in all types of environments. They provide guidance and support for team members to earn premium reductions for achieving and maintaining positive health behaviors that contribute to a higher quality of life and prevention of poor health outcomes. It’s a win-win for our team members and the business.”

Michael Bennett, VP Health, Safety, Environmental & HR

omcwellness.com

OMC'S WELLNESS WORKS

program is the results-oriented, prevention based solution to protect the well-being of your employee population. Our proven program controls medical spending — year after year.



About OMC

OMC was founded in 1996. Physician led, OMC provides health and wellness outcomes nationwide from its home office in Leeds, Maine to companies of various sizes and industry types across the country. Providing robust wellness administration, wellness software, one-on-one health coaching and advanced wellness solutions; OMC is the proven partner to change at-risk health behavior, one employee at a time.

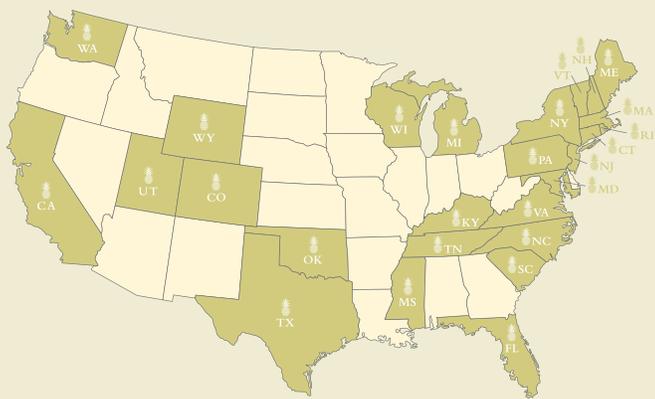
OMC's programs provide:

- **Face-to-Face Lifestyle Behavior Coaching** – ongoing and customized to each individual participant, embracing techniques of Motivational Interviewing for maximum impact
- **Full Service Wellness** – engaging health challenges and educational seminars, cultural assessments, incentive development support, clear wellness operating plans and more
- **Engagement!** 80% and higher sustained participation rates, leadership involvement and support
- **Measurable Behavior Change**
- **ROI**

Testimonial

“The OMC wellness program has raised awareness, improved morale and improved the health of our workforce. The impact of the program...has provided the information and leverage needed for us to negotiate rates with our group health insurance. We look at the OMC wellness program at Duratherm as ‘preventive maintenance’ for our most valued resource – our people!”

Tim Downing, President and CEO
Duratherm Window Corporation



Health Coaching Software Tool

- Track and Trend Outcomes
- Comprehensive Reporting Package
- Wellness Points Tracking
- Post News, Challenges, Events and Programming
- Engage Employees in Food and Exercise Tracking
- Online Access to Wellness Resources
- Secure Communications with Health Coach

Training

- Complete Training in Software and Motivational Interviewing Techniques

Testimonial

“OMC’s Wellness Works Tracking software has helped us to better quantify population health risks, measure improvement over time, and demonstrate positive returns on our wellness program. The software, along with a personal face-to-face approach is the key to success. We are very pleased that your software has enhanced our program so well.”

Denise Dumont-Bernier
Director Workplace Health, MaineGeneral Hospital

To learn more about OMC’s *Wellness Works Health Coaching* program, *Wellness Works Tracking Software* and *Training Solutions* call us at, 800.575.6537, ext. 3207 or email info@OMCWellness.com today!



What our clients are experiencing!

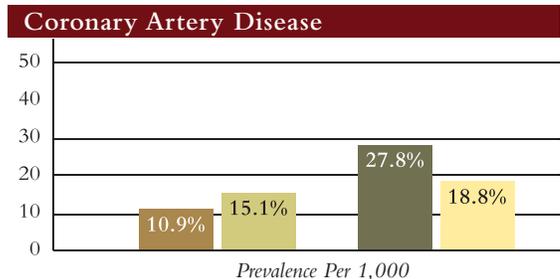
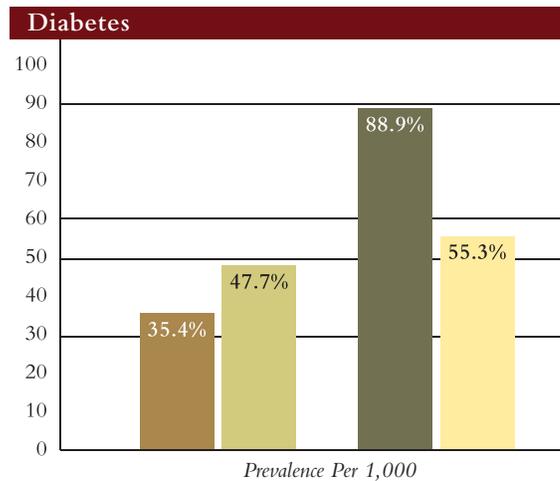
Through a comprehensive one-on-one approach to wellness and management's commitment to protecting employees, OMC's clients are making health a priority, both at home and at work.

One client has set the vision to be the healthiest company in America by continuously providing and promoting programs throughout the company that encourage, educate and support employees and their dependents to make healthy mental, physical, and financial lifestyle choices on a daily basis.

In 2013, the Wellness Works program continues to demonstrate a high level of engagement and positive outcomes.

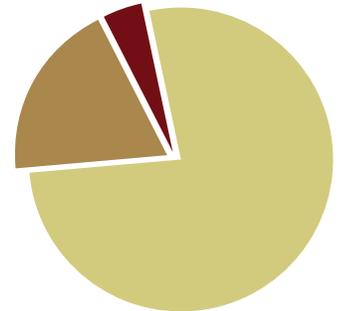
Disease prevalence for Diabetes and Heart Disease fall below expected benchmark and remarkably lower than the cohort industry company with no wellness program initiative.

■ Client Company ■ Client Company benchmark
■ Cohort Company ■ Cohort Company benchmark

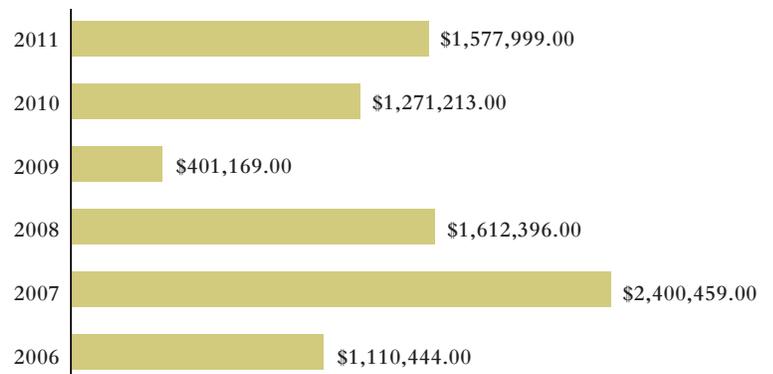


The wellness program has successfully maintained at minimum 70% of the population in the Low Risk group (in 2001, Low Risk Population was 38%)

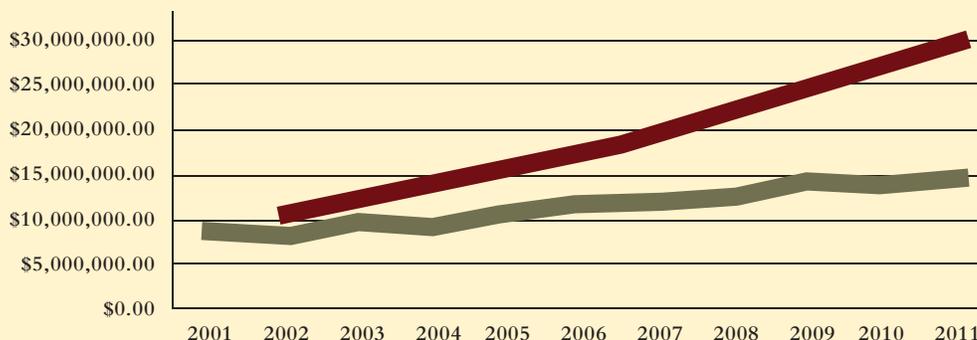
■ High Risk **4%**
■ Medium Risk **19%**
■ Low Risk **77%**



Analysis of medical claims data depicts consistent spending reductions year to year. The high number of low risk participants, spending minimally each year, can counteract the catastrophic or high claim spending of the high risk category.



Total Spending Decrease of \$8,373,680.00



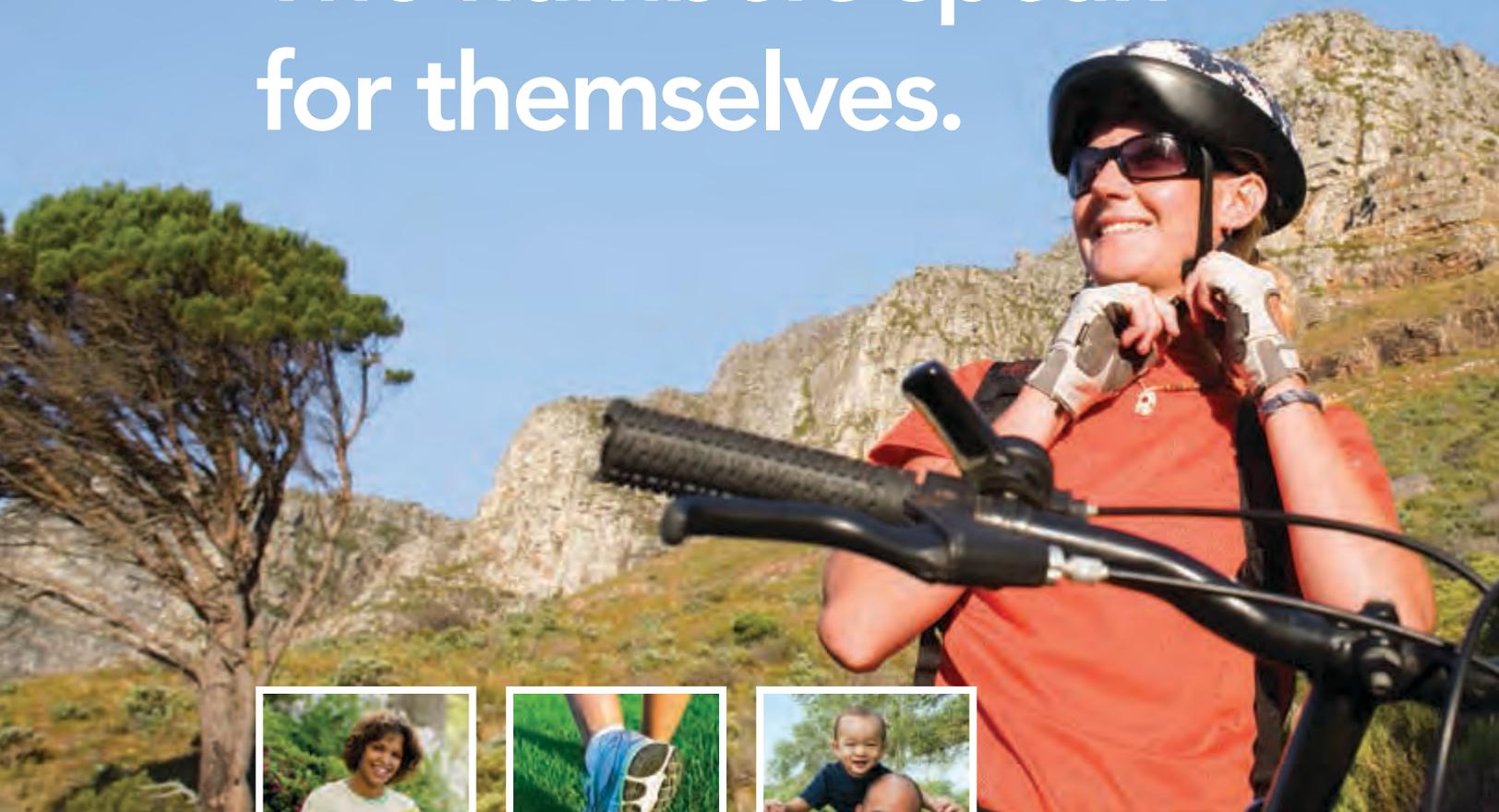
Wellness Program Slows Rise in Health Costs

Since 2001, actual medical spending has consistently fallen below expected industry medical insurance trends.

■ Expected Trend
■ Actual Dollars Spent

Contact OMC today to learn how you can get these results for your clients!
Call 800.575.6537, ext 3207 or email info@OMCWellness.com

The numbers speak for themselves.



Did you know that \$1.1 trillion is spent on lost productivity annually?

We can help.

Provant provides proven workplace wellness programs and the best service in the industry. Backed by a team of knowledgeable and passionate experts, Provant delivers customized, scalable, and affordable strategies and services for organizations across America.

- Assessment and Awareness Services
- Intervention and Engagement Services
- Incentive Administration and Outcomes Reporting

Let's talk. [1.877.346.6696](tel:18773466696)

Let's connect. connect@provanthealth.com

Let's start planning. provanthealth.com/request_proposal

provant
HEALTH SOLUTIONS 

We build cultures of health.

Healthier employees, by the numbers.



An industry leader of corporate health and wellness services, Provant improves the health and productivity of employees. Through our comprehensive service offerings, we also help employers achieve their healthcare affordability agenda.

Healthy Insights

Assessment and Awareness Services

Biometric Screenings: aimed at preventing disease by identifying risk factors.

Health Assessments: comprehensive lifestyle- and behavior-related questions to motivate behavior change.

Seasonal Flu Immunizations and Clinics: convenient, efficient options to save on the costs of the flu.

Healthy Habits

Intervention and Engagement Services

Health and Wellness Portal: 24/7 access to a wide range of personalized, self-directed tools and education.

33%

of American adults have high blood pressure

\$93.5 billion

cost of high blood pressure for healthcare services, medications, and missed days of work

20%

of employees are motivated by Biometric Health Screenings to address their health issues



Health Coaching: one-on-one interaction with qualified coaches who inspire and teach healthier lifestyle behaviors.

Disease/Condition Management: interventional therapy series targets health risks that can result in serious chronic diseases.

Health Education: fully customizable programs to keep your employees engaged in the wellness program.

Advocacy: answers to all benefit and health questions, including in-network providers, clinical support, and claims and billing issues.

\$1.3 trillion

spent annually on chronic health diseases



70% of healthcare \$\$\$ is due to illness brought on by modifiable behaviors

Healthy Outcomes

Incentive Administration and Outcomes Reporting

Incentive Programs: participation- and outcomes-based programs utilize a variety of rewards to motivate employee engagement and behavior change.

Incentive Forecasting Tool: our proprietary tool shows how cost-shifting lets you financially support the incentive program.

Incentive Program Management: full responsibility for administering and managing your program is taken by Provant.

Outcomes Reporting: comprehensive portfolio of reports shows you the progress of your wellness program, adjustments to consider, and helps employees understand their health status and risks.



With Provant, your employees can be their best selves – at home, at work and at play.

Healthy outcomes can be possible for every employee. Provant helps employees reduce their health risks, which leads to more fulfilling lives, both personally and professionally.

With a program driven by employee engagement, we have the best way to decrease health risks and medical costs over time.

Let's talk. [1.877.346.6696](tel:18773466696)

Let's connect. connect@provanthealth.com

Let's start planning. provanthealth.com/request_proposal



We build cultures of health.

PureWellness supplies
the tools, infrastructure
and services necessary to
deliver a world-class
wellness platform.

PureWellness is pleased to now be a part of Cerner Corporation.

PureWellness' industry-leading health and wellness platform is combining with Cerner's population health management solutions to create the most comprehensive offering in the market—called Cerner Wellness.



Meaningful



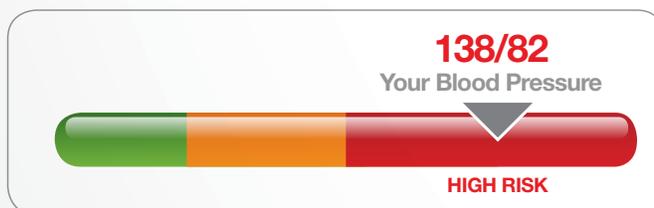
2 SCREENING RESULTS

✓	Blood Pressure	138/82
✓	LDL	82 5/15/12
	Triglycerides	94 5/15/12
	Ratio	2.5 5/15/12

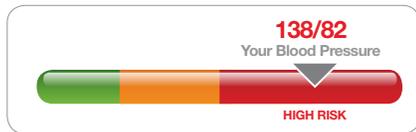


4 CODES

V 70
V 76.12
V 81



Actionable



Take Action Now



Action Items

Step It Up

DO THIS NOW



Verify Weight

DO THIS NOW



Beware High Risk Foods

DO THIS NOW

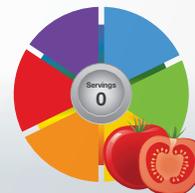


Pure Wellness Nutrition Information

Burger, Smokehouse Bacon Triple Cheese Big Mouth Chili's	
Serving Size: Amount 1	% Daily Need*
Calories 1720	Calories from fat 1098
Fat 122g	184%
Protein 92g	94%

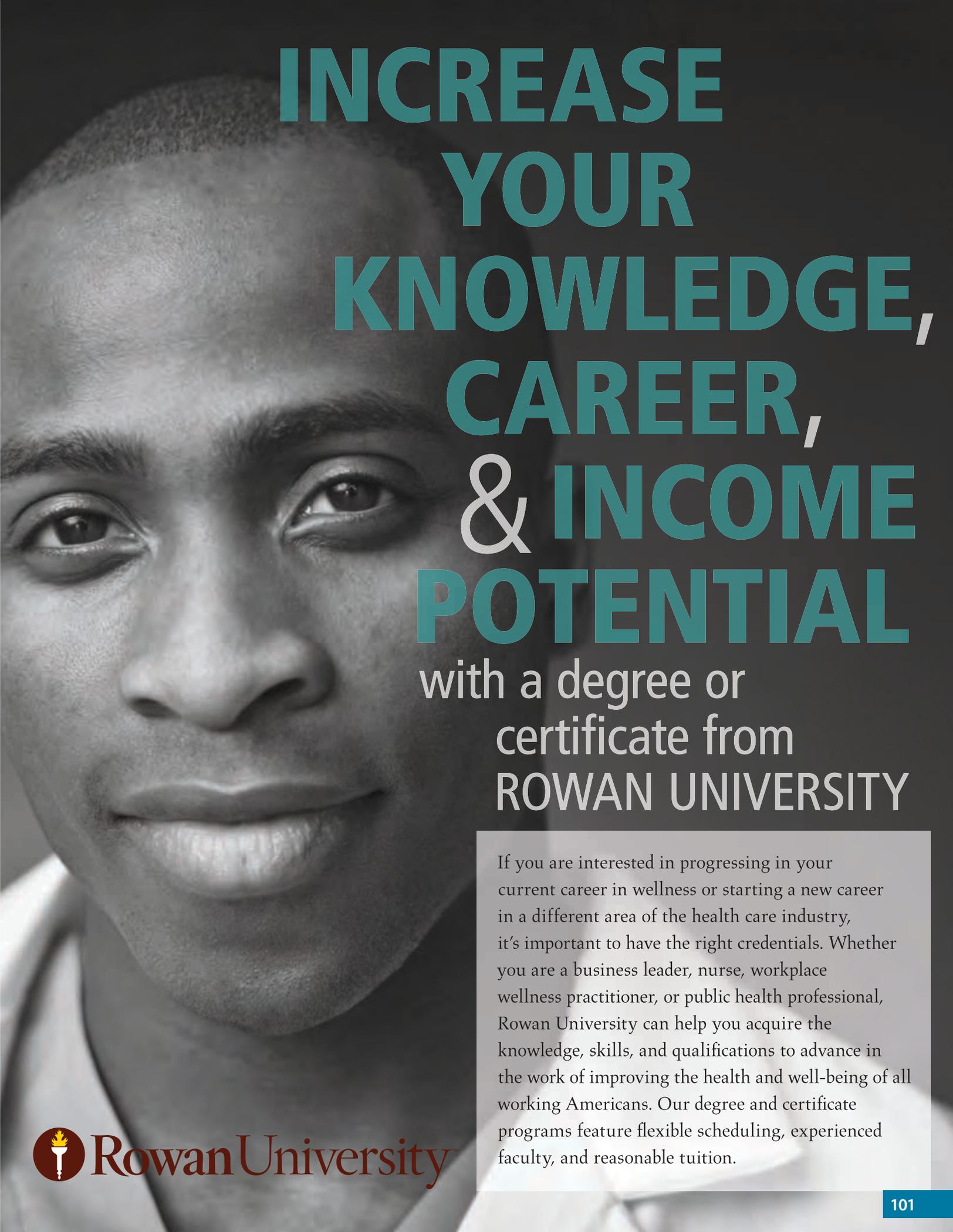
Eat Fruits

DO THIS NOW



Engaging





INCREASE YOUR KNOWLEDGE, CAREER, & INCOME POTENTIAL

with a degree or
certificate from
ROWAN UNIVERSITY

If you are interested in progressing in your current career in wellness or starting a new career in a different area of the health care industry, it's important to have the right credentials. Whether you are a business leader, nurse, workplace wellness practitioner, or public health professional, Rowan University can help you acquire the knowledge, skills, and qualifications to advance in the work of improving the health and well-being of all working Americans. Our degree and certificate programs feature flexible scheduling, experienced faculty, and reasonable tuition.

WELLN & GRADUATE

M.A. in Wellness & Lifestyle Management

This program is for professionals from a variety of disciplines who want to work with clients or students to create and maintain lifestyle changes. The program prepares graduates to develop and implement wellness and lifestyle change programs in community, hospital, corporate, and school settings.

- 10 course / 30 graduate semester hour program
- 100% online courses
- Part-time accelerated format
- Can be completed in 5 consecutive semesters

Ed. D. in Educational Leadership: Nurse Educator

Develops nurse educators and leaders who want to make an impact through the training of future health care professionals

- 16 course / 60 graduate semester hour program
- Online courses with two (3–4 day) required residences on the Glassboro, NJ campus
- Part-time accelerated format
- Can be completed in 10 consecutive semesters

For more information visit or call:

ESSS

UNDERGRADUATE PROGRAMS

MSN: Clinical Nurse Leader

Prepares Registered Nurses to become leaders in the health care delivery system with the ability to evaluate patient outcomes, assesses cohort risk, and take on decision-making authority when necessary.

- 11 courses / 35 semester hours
- Combination of online courses, face-to-face classes and clinical placement
- Accelerated format

Bachelor of Science in Nursing (RN to BSN)

Provides RN licensed nurses with the research and leadership skills necessary for career advancement

- 9 courses provide 31–32 of the required 121 undergraduate semester hours
- Combination of online courses, face-to-face classes and field placement
- Part-time accelerated format
- Can be completed in 5–6 consecutive semesters



YOUR PATH TO SUCCESS IN A WELLNESS PROFESSION STARTS TODAY

Recruitment Representatives

Representatives are available Monday through Friday 8:00 a.m. until 4:30 p.m. EST to discuss Rowan University's Health Care Programs and how they can help you reach your career goals. Reach us by:

- Phone: 855.256.4747
- E-mail: cgce@rowan.edu
- Web: RowanOnline.com/health

Information Sessions & Open Houses

Sessions are scheduled regularly throughout the year. The \$65 application fee will be waived to those who complete the application form at an event.

To attend, please visit RowanOnline.com/healthinfo in order to register.

Are you an Independent Wellness Coach?

Is your coaching practice a profitable business?
Or simply a hobby?

Ask yourself these questions:

1. Are your credibility and professionalism evident to both clients and potential clients from your very first email communication to your program roll-out?
2. Is the web portal you utilize with your clients HIPAA compliant-ready and does it insure confidentiality?
3. Does that web portal portray the professional image a highly competent wellness coach would utilize?
4. Do you and your clients have access to a high-end Health Risk Assessment to easily integrate into your practice?
5. Is your client note-keeping system secure and easy to use?
6. Does your client portal system provide various trackers and team challenges that enhance your value in the marketplace?
7. Would it be helpful to have access to a resource that allowed you more time in the day for what's most important (such as an on-line scheduling system that would allow clients to schedule themselves around times you make available)?
8. Would you be stunned to find out you could have all of this and more for just \$5/client/month?



WELLNESS COACH
C A T A L Y S T

Interested in learning more?

Results@CatalystCoachingInstitute.com

Or visit us at www.CatalystCoachingInstitute.com



MIDTOWN HEALTH[®]

Delivering Healthy Results

Midtown Health (formerly known as Proactive Partners) manages fitness centers for corporate facilities, hospital and health systems, and office buildings throughout the country. With more than 40 years of experience working with blue-chip clients, we're known for our ability to provide wellness initiatives that help improve fitness while helping you maintain a healthy financial bottom line.

Let us help you improve your fitness operations today.



SERVICES

FITNESS CENTER MANAGEMENT

Innovating fitness center management since 1969.

- We offer a turnkey method to open and operate fitness centers that delivers exceptional value to you as well as to your club's members.
- We ensure quality service, operational excellence, and cutting edge programming, as well as effective sales and retention initiatives to attract and retain your members.
- We're known for our comprehensive Central Services support capabilities including CPAs, HR Professionals, a labor lawyer, centralized purchasing to control costs, a director of risk management, design advisory services, membership marketing library, proprietary associate service training, & more.

HEALTH ENHANCEMENT SOLUTIONS

Welcome to the total wellness solution.

- We provide nationwide health and wellbeing initiatives for your employees to participate in at work, home, or on the road. It's a total wellness solution, with no fitness center required.
- Our engaging, personalized, and effective initiatives, based on your company's needs and interests, can be delivered through the web, phone, or on-site.
- Our menu of initiatives are customized to compliment your existing insurance benefits and Employee Assistance Program.



INDUSTRY

HOSPITALS & HEALTH SYSTEMS

Experts at extending the continuum of care.

- We partner with you to strategically navigate health care reform and serve as physician extenders to assist you in keeping your patient population healthy and well for the long term.
- We recognize that innovative programming and seamless integration with your service lines is key to differentiating your fitness center.
- We bring our 40 years of health club management retail expertise so that your center runs at maximum efficiency and participation to be successful financially.



CORPORATIONS

Healthy Employees. Healthy Business.

- We excel at employee engagement, consistently providing programs to increase involvement, results and retention.
- Our core competency is operating fitness center and wellness programs to be user friendly and fiscally smart.
- We start by understanding your corporate culture and ROI expectations. We then use our depth of organization, experience and resources to execute for maximum participation and efficiency.

OFFICE BUILDINGS

Creating an amenity that attracts and retains.

- We understand your goals: To offer a fitness center that helps attract and retain tenants and to have an amenity of which you can be proud that operates at maximum efficiency.
- Midtown Health knows how to provide the cutting-edge, service-focused fitness center that will differentiate your property to current and prospective tenants.
- We also excel in operating as cost effectively as possible while maintaining the level of standards your building deserves.





RESULTS

In part, our success in managing fitness centers and wellness programs for corporations, hospitals, health systems, and office buildings comes from using our privately-held Midtown Athletics Clubs® for research and development. The result: We're able to provide new programs, services, and center improvements that have already been proven successful.

What's more, because of our size, we're able to realize economies of scale and pass those savings through to you.

Sound interesting? Then contact us today to learn more about how we can help you.

Contact Debra Siena

Phone: 773.463.1234 x249

Email: action@midtownhealth.com

Visit us at midtownhealth.com

**MIDTOWN
HEALTH®**
Healthy Results.™

Finally.



Corporate Wellness **Simplified.**

PARTICIPATION - OUTCOMES:

Wellness Jackpot will skyrocket your participation and improve health outcomes.

Wellness Programs without great participation fail to produce healthier outcomes. The Wellness Jackpot Program pulls all of your wellness and safety initiatives into one simple to administer, fun, exciting, morale boosting campaign.

We already know how well it works, so....if you don't get the results you want, we will actually give you all of your money back. Crazy? We don't think so!

SIMPLE TO ADMINISTER:

The online portal tracks everything for you while delivering wellness gamecards and incentives with the simple click of a mouse.



www.wellnessjackpot.com/wcad13

Wellness Jackpot • 800-806-0790 • 10749 West 84th Terrace, Lenexa, KS 66214-3612

SMALL or NO BUDGET?

No problem.

Maybe your wellness budget has been tightened or even taken away in this economy. We can help you overcome this obstacle. Wellness Jackpot has programs that start as low as \$3 a month per employee. If you have NO budget, our 100% money back guarantee will certainly help you move forward.



FLEXIBLE INCENTIVES

Use whatever carrot you wish

The Wellness Jackpot gamecard system works with any existing incentives you may be currently offering... Or use our brand-name merchandise catalog option and have us do all of the work for you.

We pioneered this unique gamecard concept over two decades ago in the field of workplace safety. This approach has proven to be far more successful than traditional “dangle the carrot” type programs where the reward alone is expected to drive results. Our ability to gain superior participation, team involvement, employee interaction and awareness is un-paralleled. Wellness Jackpot also includes major national drawings offering jackpot rewards up to \$1,000,000!



WELLNESS AWARENESS

Promotion, Education “Plug-ins”

Pick and choose from a variety of easy to administer Wellness tracking, promotion and educational tools. With the click of a mouse, you can send Wellness quizzes, HRA's, and health tracking systems to employees instantly. The incentives can even be delivered automatically. Easy!



PROVEN SUCCESS:

make the safe decision

Whether you are a multinational corporation or a small shop, have employees in the office or out in the plant, this unique gamecard concept has proven success.

Thousands of our clients have added millions to their bottom line. After all, we have been doing this for 60 years. We invite you to join us in “rubbing out health care costs” with the easiest to administer, most exciting wellness program in the world.

“The amount of exercise required to earn a gamecard is just right”. I think people have stayed motivated longer with Wellness Jackpot than any of the previous programs we have run”.

—Verne Uvodich-Glenn, Westlake Middle School

“We have achieved a 70% participation rate in our HRA by incorporating the Wellness Jackpot cards as the incentive piece”.

—Shari Souza, Midland Information Resources

“We have achieved a 50% success rate with our employees who have signed up for our smoking cessation program that have quit smoking”

—PHE Inc.

Call us today: 800-806-0790



Hilton



American Red Cross

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Let's Shape Up!

Consider the difference between:

"Go for a run" and "Let's go for a run"

"Quit smoking" and "Let's quit smoking"

"Lose ten pounds" and "Let's lose ten pounds"

ShapeUp adds "Let's" into the health and wellness conversation.

We make health social.



shapeup.com



We make health social.



Our Social Networking Solution Adds “Let’s” to Wellness

At ShapeUp, our approach to health and wellness is driven by the word “Let’s.” It’s a simple idea with enormous benefits for all. We have built an online platform that allows individuals to harness the power of their communities to succeed in ways they never could on their own. So far, nearly one million people have joined together to lose weight, start exercising and lead healthier lives. We have seen the infectious power of the motivation, support and accountability that develops when a social network says “Let’s...,” and our mission is to spread it as far and wide as possible.

The truth is that getting healthy can be easy once we realize that all of us already have the most important thing we’ll ever need to succeed: each other.

shapeup.com



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SIMPLY **WeLL**®
INTEGRATED
HEALTH SOLUTIONS™

Since 1998, the goal of **SimplyWell** remains the same, to provide the most comprehensive and results-driven health and wellness management program in the market place. **SimplyWell** provides solutions while empowering participants with tools to highlight personal health opportunities. We stress the importance of preventive care and individual accountability.

SimplyWell is comprehensive and fully measurable while being private, secure and HIPAA compliant. **SimplyWell** was founded by physicians in order to create a healthy environment for employers as well as employees.

We know that not all organizations are the same, so we work to customize a program that is best suited for each individual organization. We believe that healthier employees lead to a healthier bottom line and by assessing the overall health of an organization's population, we are able to identify areas of cost savings.

WELLNESS PORTAL SERVICES

SimplyWell's Health Management application provides a comprehensive, online Wellness Portal. The Wellness Portal Services are the cornerstone of the **SimplyWell** medical model, offering your employees a wealth of health tools and resources to enhance their well-being. Components include:

- Online sign-up and registration system
- Participant may choose English or Spanish language
- Online comprehensive health questionnaire
- Electronic health record
- Daily health news offered by verified sources
- Self-administered Take Action! Wellness Challenges
- Healthy living resources
- Online health guides
- Disease management guidelines
- Educational health modules
- Monthly electronic health newsletter
- Self-tracking of risk and health maintenance
- Individual action plans for each participant
- Online tracking of rewards and points
- Health Score and Tobacco Free Health Score tracking

ONSITE HEALTH SCREENING SERVICES

Professional Onsite Health Screening Services are available at the workplace for the convenience of your employees. Screenings are completed in a timely manner, while maintaining accurate and confidential results. This service can help employees proactively detect and prevent chronic illnesses that could impact their lives as well as your medical claims.

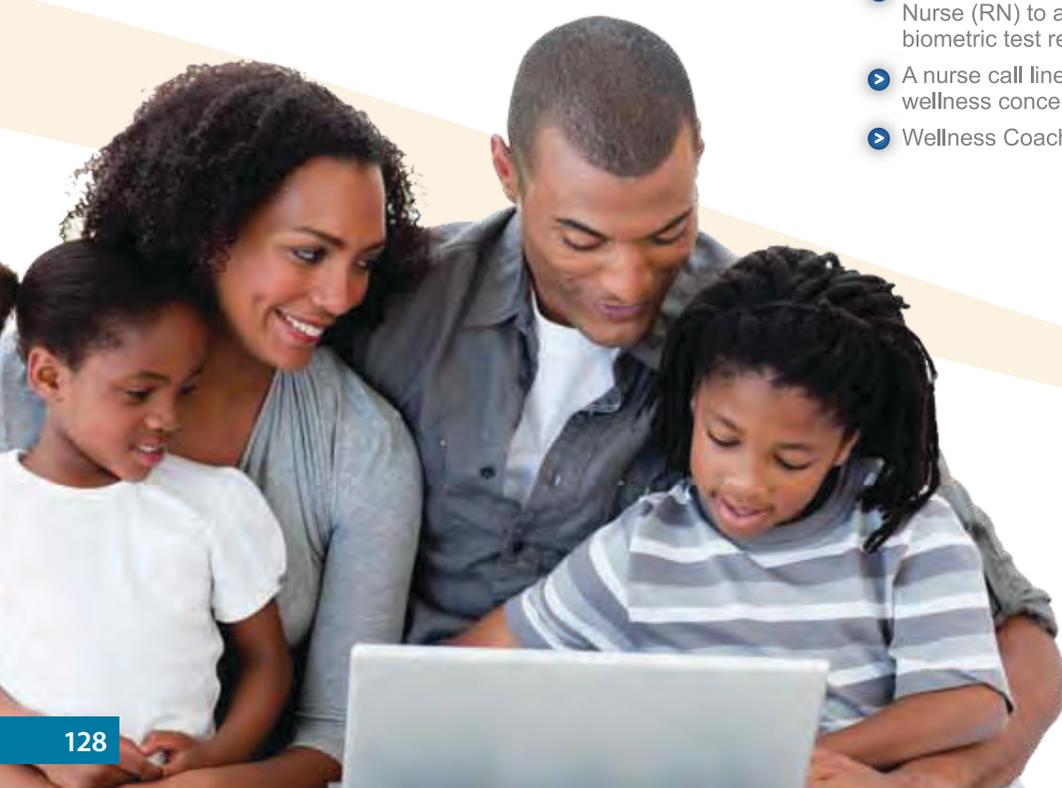
PHYSICIAN LAB UPLOAD SERVICES

Participants who are either working remotely or at locations with fewer employees can opt for **SimplyWell's** Physician Lab Upload Services. This option provides the participant with the flexibility to go to their physician for their screening when they cannot attend the group screening. The lab and test results are then uploaded electronically into the participant's My Home For Health page and report.

TELEPHONIC HEALTH SERVICES

With the **SimplyWell** program, health care information and advice is just a phone call away. **SimplyWell's** Telephonic Health Services include:

- An informative critical care consultation call from a Registered Nurse (RN) to any individual who receives abnormal lab or biometric test results at a **SimplyWell** onsite screening
- A nurse call line for timely answers to health questions and wellness concerns
- Wellness Coaching Services



Wellness Coaching Services

SimplyWell also offers Wellness Coaching Services. This call center-based solution integrates **SimplyWell's** healthy lifestyle and disease coaching with the **SimplyWell** application to identify persons in need of Health Management Services. With the support of a wellness coach, participants learn to take a more active role in the management of their own health. Three levels of coaching services are available. Participants are placed based on their answers to a health questionnaire and their medical history.

RISK REPORTING CAPABILITIES

The **SimplyWell** Health Management application offers comprehensive reporting capabilities. All reports are real-time data and can be accessed online, 24-hours a day. Application generated reports are available to both the Participant and the Organization. Additional reports are available including Healthcare Claims Experience Reporting and Organizational Health Reports.

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- Print and promotional support
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Print Communications Support

SimplyWell offers employers an easy option for the administration of their incentive program. **SimplyWell's** My Rewards Store is available as a co-branded site or fully custom site.

Features include:

- Over 4,000 items to choose from
- Price point range is \$4.00 and beyond
- Reward system flexibility offers points or levels
- Billing and reporting summary

Health Management Services

SimplyWell Health Management Service options are designed to motivate participants to change significant lifestyle behaviors to improve their overall health.

- Take Action! Wellness Challenges
- SimplyEasy Programs
- SimplyWell's Tobacco Cessation Services
- Needs Assessment Survey Services
- Work Productivity and Activity Impairment Questionnaire (WPAI)



ACCOUNT MANAGEMENT, CUSTOMER CARE AND TECHNICAL SUPPORT

Account Management Services

The Account Management Team is comprised of certified health and wellness experts, with many having Master degree level backgrounds in health management, exercise physiology, nursing and business. This highly skilled team provides each client with a level of expertise and guidance unmatched in the industry. The role of the dedicated Account Manager is to ensure that the client's experience is always satisfactory and that the health management goals of the business are achieved.

Customer Care Services

The Account Management **SimplyWell's** trained Customer Care Department is available to assist participants with questions about **SimplyWell** and how to access information. The staff is trained to answer technical questions online and they respond to incoming questions via info@simplywell.com.

Password Support Line

Participants can call **SimplyWell's** Password Support Line for support or to reset passwords 24 hours a day.

For more information about SimplyWell's Integrated Health Solutions or any of our products and services please call 1.877.991.WELL (9355) or e-mail us at info@simplywell.com.

COMPANY INFORMATION

- ▶ Established in 1998
- ▶ Founded by physicians and privately owned by Clarkson Regional Health Services, Inc. and Private Practice Associates, LLC
- ▶ Provides Integrated Wellness Services to employers in 50 States, Canada and Mexico
- ▶ Over 150 employers representing Banking, Manufacturing, Medicine, Retail, Agriculture and Higher Education





It just takes a little **INGENUITY...**



800.838.0337 | www.Sterling-Wellness.com

...to take your **WELLNESS**
program to the next level.

STERLING WELLNESS SOLUTIONS is committed to creating a healthier workplace culture that impacts your bottom line. Through our comprehensive corporate wellness programs, we focus on the engagement of your employee population and the practice of healthy living. We work with client companies to create a customized, multi-year strategy that gets results.

After all, **SUCCESS** starts with a **HEALTHY** team.



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Health Management Solutions that get RESULTS— That's all we do.

Web Based Tools

- Health Risk Assessment
- Electronic Personal Health Record
- Interactive Education Tools
- Custom Health Challenges
- Mobile Access
- Incentive Design, Tracking and Management
- Program Marketing and Communications
- Comprehensive Aggregate Reporting

Health Screenings

- Onsite and Offsite Options
- National Lab Network
- Basic and Comprehensive Test Options
- Fitness Testing
- Confidential Results
- Web-based Appointment Scheduling

Lifestyle Coaching

- Positive, Participant-led Approach
- Lifestyle Coaching and Goal Setting
- Target the “Ready-to-Change” Population
- Onsite, Telephonic, or Web-based
- Incentivized Coaching Applications



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It all comes down to one thing.



Res

Summit Health is the leader. With the numbers to back it up.

As the highest-rated on-site wellness program, we're here to help keep your workforce healthy. We'll work together with

We're proud to serve:

- 37% of Fortune 500 companies
- 3,500 smaller companies
- 4 of the 5 largest health plans
- 90% of wellness companies
- 4 million people in 2013

We provide:

- The largest selection of health screening options, including fingerstick and venipuncture
- Flu shots and other adult immunizations
- Vast portfolio of Lunch & Learns
- On-site behavioral modification programs
- On-site coaching
- Health displays and educational materials

ults.

you to collect data and design a plan that gets results. That means more participation. More ROI. More informed, happy, healthy members. And one very happy CEO.

The Summit Health difference.

- Single Station™ health screenings offer a one-stop, private, “one-on-one” personal experience for employees
- High Complex Reference laboratory provides quicker, more precise biometric test results
- Worksite, home, community, physician biometric screening options and other access points boost employee participation
- Comprehensive data collection, analysis, reporting and integration with all insurance organizations and third-party wellness vendors
- Coverage across all U.S. zip codes and 80 countries
- 98% satisfaction rating from participants and site coordinators

Need more data?

Visit summithealth.com or call 248-416-1602.

Want results?

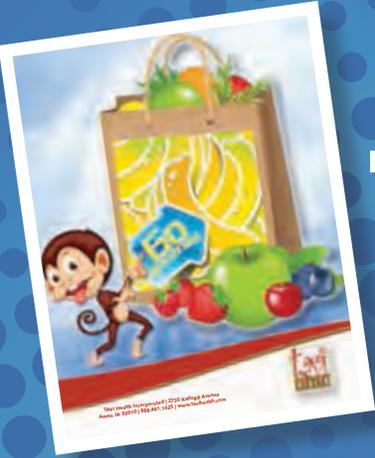
Choose the nation's highest-rated on-site wellness program.



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Now Offering Web-based Challenges!



Paper-based Challenges



Web-based Challenges



Mobile Access

It all adds up to the **PERFECT** worksite wellness solution.



Wellness with a Twist!

Easy Implementation and Loads of Resources

Creativity and ease of implementation are hallmarks of TAVi Health wellness challenges. We've done the detail work, eliminating the need for long brainstorming sessions and the tiresome back-and-forth with the marketing department to be sure everything looks and sounds just right. **Whether you choose a paper or web-based challenge, you can expect a wealth of features to assist you in engaging your participants!**

Paper Resources

Available print-ready and on CD in Form-Fillable PDF or Word format:

- How-to Guide to Implementation
- The Twist (Ideas for Promotion)
- Know-and-Go Educational Ideas
- Introductory Letter
- Registration Form
- Internal Newsletter Articles
- Promotional Flyer
- Payroll Stuffer
- Table Tent
- Print-Ready Banner Design
- Participant Packet Letter
- Tracking Sheet and Guidelines
- Educational Resources
- FAQ Sheet
- Motivational Messages
- Program Evaluation

Online Features

All of these features are included at no extra charge:

- Mobile Access
- Your Logo on Each Page
- Buddies and Message Boards
- Coordinator Resources
- Real-time Reports
- Daily Wellness Tips
- Informative Articles
- Unique URL and Much More!



The Perfect Addition to YOUR Wellness Program

Now more than ever, it is important to offer employee wellness options that are cost-effective, deliver a tremendous value and keep employees engaged in healthy activities. Supporting and encouraging healthy lifestyles must be a priority.

At TAVi Health, we do just that. Our challenges are available in both paper and web-based format, saving you long hours of brainstorming, designing and implementing home-made wellness challenges. Organizations from across the United States — from city governments to manufacturers and insurers — have launched TAVi Health wellness challenges and reaped these benefits:

Improve Health: Fun, engaging, and easy-to-use challenges that inspire health improvement.

Save Time: Our paper challenges are ready-to-implement the day you receive them, and the implementation process for our web-based challenges is streamlined to efficiently address your individual needs.

Save Money: Web-based challenges are priced at \$3 per eligible user with a one-time set-up and maintenance fee of \$300. Paper challenges are just \$175 with a discount for purchasing multiple programs at once. Whichever you choose, you'll find that our challenges move your wellness programming forward without taking your budget backward.

Boost Morale: The most creative on the market, our challenges promote healthy lifestyles, having fun and camaraderie.

Learn
More at
tavihealth.com

Our Web-based Challenges!



Fitness Finale!
Individual | Fitness



Unwrapped
Individual | Nutrition



Good Nights, Great Days
Individual | Sleep



Great River Road Race
Team | Fitness

Only Offered Online!

So Many CHOICES!
Check out our online paper challenge catalog at tavihealth.com



Eye-Popping Online Pricing!

We offer one of the most affordable online products on the market. Perfect for any size organization, our six-week challenges are just \$3 per eligible user with a one-time \$300 set-up and maintenance fee.

All of our web-based challenges offer FREE mobile access, social networking tools, message boards, leaderboards and much, much more!

To set up a demo, email us at twist@tavihealth.com or call **888.491.1625**.

New Paper Pricing!

We've made it even MORE affordable to offer TAVi Health wellness challenges in your workplace. Our challenges are just \$175 each, with discounts for purchasing multiple challenges at one time. We can also brand your materials for a small fee.

Our flexible licensing options are ideal if you serve multiple client organizations. Deploy any number of TAVi wellness challenges with all of your client organizations for one set fee with this cost-effective option.

You can order our paper challenges online at tavihealth.com or by calling us at **888.491.1625**.

TAVi Health Incorporated
2730 Kellogg Avenue
Ames, IA 50010
P: 888.491.1625
F: 515.232.3005
twist@tavihealth.com
www.tavihealth.com

Sign up for our e-newsletter and learn more about our challenges at www.tavihealth.com!

Need Custom Content? Call TAVi!

Yes, we KNOW wellness challenges. But we also know how to get the attention of your audience. TAVi Health not only develops interesting and effective wellness challenges, we also develop content for clients large and small. From newsletter articles to custom challenges... if you have a need, TAVi can meet it!



Call us at
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for
pricing!

We Serve:
Trade Organizations
Employers
Brokers/Consultants
Health Plans
More!



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twist@tavihealth.com
www.tavihealth.com



The Path to Healthier Employees Starts Here

No matter where your organization is at on the path to improve the health of your employees, we can help.

At TotalWellness, we understand your path toward a healthier workplace may encompass more than one route, so we develop custom employee wellness programs that meet your specific goals. From nutrition to fitness to biometric screenings and flu shots, TotalWellness services put your company and your employees on the path to great health. Along the way, we'll help reduce health risks, improve work performance and contribute to a healthier bottom line.



What's Possible with TotalWellness? An Integrated Wellness Program

Engage

Go! TotalWellness Portal

With the Go! TotalWellness Portal you get an interactive and educational online platform that makes it easy to promote wellness among your entire employee population. Our portal offers a highly customized interface - choose from an array of modules to address the health risks in your organization. Modules include challenges, self-directed educational programs, nutrition and exercise trackers, diet plans, health libraries and much more. The easy-to-use tools can help your employees achieve daily goals and stay on track. Plus, with community features like blogs and online forums, you can leverage the power of social influence to create higher levels of engagement.

Motivate

Health Risk Assessments & Biometric Screenings

The majority of your employees are disconnected when it comes to their personal health - they think they're healthier than they really are. Health Risk Assessments (HRA) and screenings provide employees with information about their personal health and identify potential health risks before they become unmanageable. Armed with relevant information, employees will feel motivated to set goals and make positive changes to their behavior.

Don't know where to start?
No problem, we do. Your wellness program can be just what you need it to be, big or small.



Our HRA is a secure, online tool that awards participants a wellness score and gives them actionable items in an easy-to-understand personal report.

TotalWellness provides an affordable and convenient way to bring health screenings to your employees. With an outstanding team of more than 4,000 professionals, we come on-site to provide biometric screenings and additional tests like bone density, body fat and pulmonary function. We also have partnerships with labs and retail clinics across the country that gives employees multiple screening options.

say hello to a tailored solution

When you team up with TotalWellness, you can create a unique experience to energize and empower your workforce.



Inspire

Health Coaching

Some employees might need a little extra nudge to make positive changes. Our health coaches inspire change by taking into consideration the individual's health risks, readiness to change, environment, and preferences. They use innovative strategies to help people clarify what they want, enhance personal accountability and take action for optimal health. The TotalWellness Lifestyle Management coaching program is based on a scientifically validated curriculum and includes topics such as physical inactivity, weight management, smoking cessation, blood pressure, nutrition, stress management, and fatigue.

Reward

Incentive Management

Incentives can take many different forms, from wellness programs based on participation like flu shots or biometric screenings, to programs that are based on outcomes achieved, such as employer-defined cholesterol or blood pressure levels. The Go! TotalWellness Portal offers a flexible way to track incentive points and awards, which enables employers to provide extra motivation to employees.

Measure

Reporting

We understand that you want a wellness program that's easy to administer and allows you to keep tabs on how things are going. That's why our Go! TotalWellness Portal has built-in tools to help you easily manage, promote and understand outcomes. The findings from these reports can provide benchmarks that measure progress in employee wellness and help you find more ways to maximize your return on investment.





Keeping Employees Healthy Since 1998



Learn More Today

Start on the path to a healthier, happier, and more efficient workforce with TotalWellness.

To learn more about all of the great programs and services we can offer to your company, please call 888.434.4358 or email us at news@totalwellnesshealth.com.



TotalWellnessHealth.com
888.434.4358

WHEN RESULTS MATTER



Trotter Wellness® programs optimize health by reducing lifestyle related health risks through integrated, comprehensive wellness programming, based on a documented Return On Investment (ROI) model. Client and participant success is our number one priority and we stand by it.

Trotter
Wellness®



Contact Trotter Wellness: 888-267-5895 | www.TrotterWellness.com

Our programs provide effective and proven solutions to reduce unnecessary health related costs and improve the quality of life and well-being of our participants.



Full-Service
Corporate Wellness Programs

Our **Optimal Health™** programs improve health through a focus on prevention, health risk reduction, goal setting and targeted programming based on a Return On Investment model. Our programs include activity based, participatory or standards / progress based incentives.

Optimal Health™ by Trotter Wellness:

- ✓ Leads participants to healthier living
- ✓ Supports individuals through certified Health Coaching
- ✓ Reduces health and workers' compensation claims
- ✓ Decreases absenteeism
- ✓ Decreases short-term disability



Performance Based
Corporate Wellness Programs

Wellness That Works® is a program for qualified companies where our fees are 100% at risk. We are so confident in our carefully designed and implemented full service wellness programs that we will not be paid unless we deliver measurable results.

- ✓ Full service corporate wellness program
- ✓ No up-front cost
- ✓ Only pay if results are achieved
- ✓ Available to qualified companies

Trotter
Wellness®
Wellness That Works®

Trotter Wellness[®]

Wellness That Works[®]



Self-Service
Corporate Wellness Programs

Corporate Wellness Essentials[™] is a self-service wellness program designed for small businesses, or those organizations looking for basic wellness tools to be used as a foundation for a more robust wellness program.

- ✓ Online purchase and setup
- ✓ Comprehensive implementation guide
- ✓ Monthly wellness activities and challenges
- ✓ Customer service support when needed



Individual Wellness Programs

Well Nation[®] provides healthy living programs to individuals. We deliver wellness solutions with a focus on a participant's unique needs. Each 90-day program provides support from a professional wellness coach. Program topics include:

- ✓ Weight Management
- ✓ Fitness
- ✓ Smoking / Tobacco Cessation
- ✓ Total Wellness
- ✓ Nutrition



Senior Wellness Programs

Golden Health[®] provides personalized, health coaching supported, wellness programs for individuals over the age of 50. These programs help identify an individual's health risks and assist with creating a plan to address them. We help seniors live life to the fullest and enjoy their golden years.

- ✓ Professional wellness coach support
- ✓ Personal wellness report outlining top health risks
- ✓ Five different focused programs are available
- ✓ Each program is 90-days in length

Whether you are a large multi-national corporation, a small or mid-size employer, or a motivated individual, Trotter Wellness has a wellness program that will fit your needs.

WE GET RESULTS



Since 2003, we have become an industry-leader by developing solutions that achieve member participation and satisfaction well into the 90% percentile. We are passionate about the work we do to improve lives through healthy living. Our portfolio of services help you control health care costs and guide employees and individuals to live well.

Trotter
Wellness[®]



Contact Trotter Wellness: 888-267-5895 | www.TrotterWellness.com



"Ever since I started using the Catalyst tools, my business has grown, my clients are more engaged, and my life has become much more organized. This is, without a doubt, the best investment I've ever made as a wellness coach."

The Wellness Coach Catalyst provides you with just about everything you need to run your independent wellness coaching business like the professional you are:

- Your own professional email address
- Customized URL that turns a high-end web portal into YOUR high-end web portal
- Ability to (easily) organize and store your client data securely
- Access to a comprehensive Health Risk Assessment for each of your clients
- Various fitness, nutrition and goal-tracking tools
- An extensive library of resources that aren't just "available" to your clients. Rather, you can personally tag them for review upon their next login
- Individual and team challenges to further engage your clients while involving very little of your time
- Client notes system that leverages your time and helps keep you organized
- Automated reminder system for your clients to insure enhanced follow-up
- An on-line calendar system that allows your clients to schedule appointments based on your availability
- And much, much more!

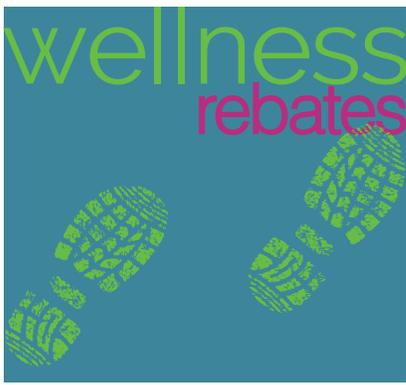
Just \$5/Client/Month!

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www.CatalystCoachingInstitute.com

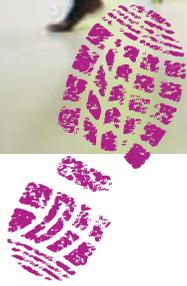


WELLNESS COACH
C A T A L Y S T



There's a movement afoot to change the direction of health and wellness in America.

... and we're leading the way, one employee at a time.



Join us on this rewarding journey.

While other corporate wellness companies tout dramatic results and the latest tools and technologies, these results can be short-lived. Much like fad diets, employees are excited to try them, but over time, their enthusiasm wanes and it's right back to where they were before. WellnessRebates™ is offering something much bigger... a path to wellness that will endure. We call it a cultural shift towards healthy living. We have set out on a journey to change the way organizations and employees think about health and wellness.



Change is good.

Change is good but not always welcome. Let's face it, people are creatures of habit and are resistant to change. Unless there is a revolution in how we think we can't expect to change how we behave. So our comprehensive wellness solution focuses on developing a culture of wellness that continuously engages management and employees. A successful program has to come from the top down, embrace and engage all management and employee levels, and have ongoing support.

Why change? Because it can lower healthcare costs, increase employee productivity, and well, just make everyone a little happier. After all, the greatest employee benefit is a healthy and happy life. And happy is good.

Leaving a healthy impression all across America.

strategic
planning

outcomes-based
incentives

culture of
wellness

technology
platform

metrics



The 5-step WellnessMovement™ Solution

Our wellness program isn't really a program at all. We call it our WellnessMovement™ Solution. We don't just hand over a set of tools and technologies and leave you to your own devices. We engage you and your employees every step of the way as we travel down the road of health and wellness together.

Strategic Planning

Our solution starts by getting to know you, your employees, and your culture.. We then develop a comprehensive strategic plan designed to resonate with your employees, engage your workforce and achieve your desired results.

Outcomes-Based Incentives

Outcomes-based incentives designed with insights from behavioral economics reward employees for achieving or making progress towards wellness goals. Using outcomes-based incentives is encouraged by Public Policy; the PPACA lets employers incentivize up to 30% of the cost of individual coverage and up to 50% for tobacco cessation.

Culture of Wellness

We believe that in order to truly create change over the long term, there has to be a shift - a cultural shift towards wellness. And that's what we do best. While outcomes-based incentives can achieve short-term compliance, sustained behavior change requires intrinsic motivation. By creating a change in the way people think and the environment in which they work, we create a sustainable change in how they act. WellnessRebates™ engages leadership and examines every aspect of the work environment, policies and communications to ensure that all of these elements are aligned with a culture of wellness.

Technology Platform

Accessible, fun, intuitive and effective, the WellnesRebates™ technology platform provides employees with a state-of-the art online experience to assess and track individual progress, while challenging and encouraging each other along their wellness journey.

Metrics

Where we finally get to the core of it all... measuring results and modifying your program based on metrics is a key component of a successful wellness initiative.

Our Services

We provide expert wellness solutions that inspire employees at mid-sized and large organizations to embrace a culture of wellness at the office and at home. All of our solutions are customized to meet the unique needs of each client and include:

-  dedicated wellness specialist
-  customized incentive plan
-  individualized health plans for employees including one-on-one coaching
-  branded communications
-  development & training of wellness committees
-  interactive technology platform
-  organization of health challenges
-  wellness metrics

If you'd like to take a step in the right direction, call us at 347.974.3661 or visit WellnessRebates.com

Culture Clash



Log on to welcoa.org/cultureclash to place your order today!

Are your employees in a battle for better health? WELCOA's newest offering, **Culture Clash**, cuts to the core of what is causing our poor health—our unhealthy culture. For a high-quality life filled with energy and health—devoid of excess weight and chronic disease—your employees don't have to turn to magic pills, quick fixes or novelty diets. Those things only mask the issues at hand. This book will lift that mask and set your employees up with the information and motivation to transform your workplace culture into one full of health and prosperity.

Culture Clash will:

- ✓ Reveal how quick fixes and fad diets don't address underlying health issues.
- ✓ Transform your employees' thinking about what it means to be healthy.
- ✓ Unmask the true cause of our unhealthy lifestyles.
- ✓ Instruct you on how to create your own culture of health!



"This book will be the sword and shield your employees need to battle the unhealthy culture that surrounds us all. **The only long-term solution to better health is to create your own culture of health** personally and professionally. Only then can your employees truly live a healthy lifestyle."

David Hunnicutt, PhD
President, WELCOA

Culture Clash...

The perfect incentive for your employees!

- Health Fairs
- HRA Incentives
- New Employee Orientation
- Lunch n' Learns
- Behavior Change Campaigns

To learn more about Culture Clash, please visit our website at welcoa.org/cultureclash for more information!

Good Health is Contagious!



Wellness Programs That Work

wellness corporate solutions

Educate +

Biometric Screenings

Health Risk Assessments

Health Fairs

Health Coaching

On-site Seminars

Flu Shots & Immunizations

Comprehensive Wellness Programs

Incentive Design & Management

Wellness Challenges



Improve your

A photograph of two cyclists resting in a forest. They are lying on their backs on a bed of green plants and white flowers. One cyclist is wearing a red and black jersey, and the other is wearing a black and white jersey. Both are wearing helmets and sunglasses. A bicycle is lying on the ground behind them. The background is a dense forest of tall trees.

Engage + Empower

wellnesscorporatesolutions.com

employees' health and your bottom line.



Wellness Corporate Solutions provides comprehensive corporate wellness services to businesses both large and small, nationwide.

Nationwide Programming

With more than 4,000 health professionals in all 50 states, we can reach your employees wherever they are.

Dedicated Program Manager

An experienced wellness professional with a master's degree in health will guide your program every step of the way.

Committed to Diversity

Wellness Corporate Solutions is proud to be a woman-owned and Minority Business Enterprise (MBE) certified company.

ScreenSMART™ Technology

Our screeners use tablet devices to collect and transmit screening data, enabling faster data uploads and real-time reporting.



wellness corporate solutions

Toll Free: 1-877-469-5411

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Contact WCS for a complimentary quote on your next initiative.

Wellness Programs That Work



2 million.

What if a wellness program could save your company \$3 million?

Turn the page to read
how one Wellsource
client did just that.



wellsource.com

 **Wellsource**[®]
THE **WIN-WIN** WELLNESS SOLUTION

Small Changes. Big Savings.



It's Kathy Menard-Rothe's business to know how the estimated 9,000 employees at Froedtert Health are doing. She's the wellness manager for one of Wisconsin's largest healthcare systems. And she knows little changes can make a big difference. In the last three years, Froedtert Health, a Wellsource client since 1997, has saved an estimated \$3.2 million in healthcare costs by making wellness a priority, according to data reported by their health insurance broker. Between 2009 – which was the first full year of a focused, strategic wellness program for Froedtert Health – and 2012, claims data proved this remarkable savings.



Menard-Rothe and her team of wellness professionals have championed Froedtert's Wellness Works program. But so have all of the doctors, nurses, health educators, professionals, and staff members. As a group, they increased their participation in wellness by 5 percent last year to more than 80 percent. Wellness initiatives to lower health risk factors have saved lives, helped people get better care, and created a wellness culture that earned Froedtert Health the WELCOA 2012 Gold Workplace Wellness Award for a healthcare system.

“Using the Personal Wellness Profile™, we have identified people with diabetes who didn't know they had the disease,” says Menard-Rothe.



Wellness program saves \$3.2 million.

“Our wellness program has helped a lot of people make important changes in their life to improve their health. We’ve helped motivate people to get more physical activity. And we’ve had employees lose as much as 50 to 70 pounds. Wellness is really important to us. We want our staff to be healthy so they can provide the best care possible in our community.”

About Froedtert Health

Froedtert Health operates three hospitals and more than 30 community-based primary specialty care clinics in southeastern Wisconsin. Its academic medical center, Froedtert & The Medical College of Wisconsin, was named one of the Top 100 Hospitals in the United States in 2013 by Truven Health Analytics. It was also recognized as one of the top 15 Major Teaching Hospitals in the nation.

To read the rest of the Froedtert Health case study, visit www.wellsource.com/info

Wellsource® Tools used by Froedtert Health

- ▶ Personal Wellness Profile™ Health Risk Assessment
- ▶ WellSuite® Portal
- ▶ Health Activity Tracker™
- ▶ Online Wellness Center™
- ▶ WellNotes® Newsletter
- ▶ Health Challenges™
- ▶ Behavioral Change Interventions by SelfHelpWorks®
- ▶ *Weight Management for Life*
- ▶ *Step Into Fitness & Health*



wellsource.com/info



Wellness. Start at the source.

Wellsourc has been a leader in Health Risk Assessment technology and corporate wellness for more than 30 years. And we know that wellness programs – done well – will drive healthcare costs down. Our assessments and online wellness products are evidence based, configurable, comprehensive, and affordable.

To learn more, call **1-800-533-9355** or visit **wellsourc.com/info**.



The image shows three stacked promotional cards. The top card is yellow and features a man in a blue hard hat and glasses, with the text 'WELLNESS PROGRAMS FOR EMPLOYERS' and 'Contain your healthcare costs.' The middle card is green and features a woman with short blonde hair, with the text 'WELLNESS PROGRAMS FOR RESELLERS' and 'Grow your business.' The bottom card is red and features a man in a teal lab coat, with the text 'WELLNESS PROGRAMS FOR INTEGRATORS' and 'Add value to your products.'

wellsourc.com/info



There are Wellness vendors...

and then there is WellSteps...

...They are in a league of their own.

*Isabelle Snell
Wellness Coordinator
Boise School District*

Join the 4,500 companies that
use WellSteps.
www.WellSteps.com

WellSteps 



Workplacevitamins.com

Corporate Wellness Vitamin Programs

Helping you take the work out of wellness.

Workplace Vitamins™ is a web portal that serves the corporate wellness marketplace, providing a comprehensive selection of the highest quality nutritional supplements at significant savings for employees.

Workplace Vitamins features supplements that may support the top modifiable health risk factors, which are linked to more than one-fifth of employer-employee health care spending:¹

- **Mood Support**
- **Blood Glucose**
- **Blood Pressure**
- **Body Weight**
- **Physical Inactivity**
- **Stress**
- **Cholesterol**
- **Nutrition & Eating Habits**



1. Davis MA, et al. U.S. spending on complementary and alternative medicine during 2002-2008 plateaued, suggesting role in reformed health system. Health Affairs, 2013;32(1):45-52.



Helping to Decrease Healthcare Costs at No Cost to You.

The Workplace Vitamins™ Corporate Wellness Vitamin Program is a no-cost, no-touch voluntary benefit program. We're dedicated to taking the work out of wellness so that all organizations can offer corporate wellness benefits without the burden of additional resources or funding.

Based on the belief that prevention is the key to wellness, we've made it easy for you to offer your employees significant savings on dietary supplements that specifically address the top modifiable risk factors driving healthcare costs.

Here's How it Works:

1. A unique, secure, web portal is provided for your organization.

You will receive a custom web address to share with your employees.

2. Employees select and order vitamins and supplements to meet their health needs.

Once employees have created an account, they can log in to your organizations' Workplace Vitamins web portal to order products at 40% off the retail price.

3. Products are shipped directly to employees at a low flat rate.

Convenient and confidential delivery makes this hands-free and turn-key for your organization.





Utilizing An HSA or FSA to Purchase Vitamins

Many Health Savings Accounts (HSA) and Flexible Spending Accounts (FSA) allow individuals to pay for needed natural supplements with pre-tax dollars. Using these accounts can save people 20 to 30% of the final costs of these products—on top of the savings they already realize by ordering through their Workplace Vitamin account!

In order to qualify for reimbursement, most plans require a signed form from an employee's healthcare provider outlining their diagnosis and stating that the supplement recommended may be useful in improving their health.

Utilization Reporting for Measurable Results

Workplace Vitamins provides utilization reporting so that your organization can track usage of the program, as well as gain insight into the types of health concerns your employees are trying to address.

This can help you align the content of your larger corporate wellness program with the needs of your employee base.



Why Vitamins?

With so many available options for improving your corporate wellness offering, why should you choose a vitamin program?

Many of your employees likely already take vitamins and dietary supplements to maintain optimal health. You can help decrease their out of pocket expenses by making these items available through a corporate sponsored vitamin program. An added benefit of this program is that employees will be directed specifically to product categories that address the same health risks affecting their premiums.

Workplace Vitamins™ is unique in that it can be added to your existing corporate wellness offering without the burden of additional resources or funding.

If you are interested in learning more or partnering with Workplace Vitamins, visit **www.WorkplaceVitamins.com** or email **info@workplacevitamins.com**. We look forward to showing you what's new in wellness.



Workplacevitamins.com
Corporate Wellness Vitamin Programs

THE NATION'S PREMIER RESOURCE FOR
WORKSITE WELLNESS FOR OVER 25 YEARS

WELCOA Membership

Providing Solutions To Over 5,000 Organizations



WELCOA Membership Will Move Your Program From Activity-Centered To Results-Oriented.

WELCOA's Member Benefits are designed to provide you with the tools, information, and resources necessary to better contain costs, improve employee health, and increase participation.



For more information on WELCOA Membership, go to:
www.welcoa.org/member/benefits.php



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WELCOA'S SOCIAL NETWORKING SITE

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Are you ready to move beyond the basics and add real engagement to your program? We're ready to help with a powerful set of tools to help your participants engage with wellness and with each other.

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- ▶ **Build critical mass to change the culture**
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We believe that keeping your healthy people healthy and building the culture of health are just as important as finding and reducing health risks. If you're ready to add engagement to your wellness program,

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