

# Employee Wellness

Employee Wellness Solutions Network (EWSNetwork) is an industry leader when it comes to corporate wellness. Since their inception in 2003 they have grown to service organizations in over 50 different cities. Currently, EWSNetwork services corporate clients in four Canadian Provinces and in two USA States with plans for continued growth.

EWSNetwork has the expertise and proven results-based system to service corporate clients ranging in size from less than 50 employees to over 1000. For each client, they maintain the highest quality of service and take pride in their ability to create individualized, successful programming for each organization.

Their clients come from a full spectrum of industries that include Financial Services, Automotive Manufacturing, Public Utility, Telecommunications, Office and Shipping, Insurance, Car Dealerships, Social Services, Warehouse, Law Firms, Banking, Education, Engineering, Construction and others.

They have a servicing network of over 25 wellness consultant professionals with many other strategic alliances in different communities that support their various programs. The unique system of recruiting, training and supporting the wellness professionals assures quality control.

EWSNetwork designs each customized corporate wellness program with three main components: Individual, Group and Awareness. Their main focus is working with employees through lasting behaviour modification wellness initiatives. The unique and proprietary programs and systems engage employees from all levels of healthy behavioural change.

Strategically aligning the wellness program design to address the results of a health risk assessment [HRA], offering programs to support employee interests, and ensuring employee and management objectives are met, all contribute to a healthy return on investment.

*Working together to bridge the gap  
between benefits and wellness*



# Customized wellness programs to meet your company's needs and interests.



Employee Wellness Solutions Network works diligently to provide unique program designs that target the needs and interests of any organization. Our focus is on taking programming, information and initiatives directly to the employees, thereby maximizing participation. This unique approach ensures that your wellness program is reaching not only the people who are already interested in health, but also the people who need a wellness program the most.

Employee Wellness Solutions Network designs its wellness programs on four very important and necessary components for a successful wellness program. Combining all four of these components draws the largest employee engagement. Our approach addresses individual needs, establishes a healthy group culture, and enhances awareness across the workforce. Even for those with smaller satellite locations, our virtual programming ensures that there is truly something for everybody.

## Individual Programming

- On-site Wellness Consulting
- Phone Consultations
- Personal Wellness Profile [PWP] - Individual Report
- Health Risk Assessment Corporate Reporting

## Group Programming

- Group Exercise Classes
- On-Site Lunch n' Learns
- On-Site Workshops (4, 6 or 8 weeks)
- Staff/Wellness Days

## Awareness Programming

- Awareness Campaigns and Challenges
- Awareness Kiosks
- Awareness and Point-of-Decision Posters
- Health Fairs

## Virtual Programming

- Online Resource Centre
- Personal Solutions™ (wellness consultations via Skype, Phone or Webinar)
- Awareness Solutions™ (Monthly Newsletters/recipes/tips/facts via email campaigns)
- Challenge Yourself Solutions™ (Monthly Wellness Challenges)
- Virtual Lunch n' Learns and Workshops

