Wellness as a Membership!



2019 **Starter Kit Offer**

- **Unlimited Employees**
- Wellness Strategy Discussion
- Monthly Newsletters
- Individual Challenges



PLUS

- Individual Heath Risk Assessment
- Corporate Health Risk Assessment **Trend Report**



(thru December 31, 2019)



- ✓ 3 Wellness e-Campaigns
- **3 Wellness Poster Sets**
- 2 Seasonal e-Campaigns
- **3** Family Wellness Webinars

General Health Assessment			HEALTH RESK ASSESSMENT GROUP TREND REPORT		
na Completed: 2018-89-10	Gender File No		67	COMPLETED SURVEYS	
Overall Category Assessment (Categories at HIGH BISK MODER	risk): ATE RISK	LOW RISK	(22%)		
0 NODER	4	4	90%	GENERAL HEALTH	
individual Category Assessment:	Score	Ready for Change	Low	GENERAL HEALTH	
GENERAL HEALTH	11	2	60%	NUTRITION	
LIFE SATISFACTION	12	2	oderate Risk		
NUTRITION	22	3	49%	SLEEP HEALTH	
PHYSICAL HEALTH	18	3 2	oderate Risk		
TOBACCO/MARIJUANA	3	1	48%	PHYSICAL HEALTH	
SLEEP HEALTH	8	1	oderate Risk		
STRESS & RESILIENCE	19	1	45%		
ate: Please refer to full assessment and scoring guide a physical health category is divided readiness for cha	in this report for interpretations to interpretations	tion. Readiness for change for	oderate Risk	STRESS, RESILIENCY	
ange to improve body weight. stient Remarks:			nployees Positive Risk)	PHQ9 – DEPRESSION RISK	
			ho are moderately fat r	isk" for the following health categories are open	
			anges: Nutrition, Physic		
			ss Program Recommend I wellness, and persona	lations include: Healthy eating, moving move, de-	

- membership purchased within 60 days of accepting this offer.

