

Wellness Program Options

Wellness programs are most successful when they are specifically designed to meet unique work environments and employee needs.

	Health Aware	Health Assess	Health Management	Health Impact
Customized MyWellness Web Portal	x	x	x	x
Introduction and Marketing to Employees	x	x	x	x
Online Health Risk Assessment (paper HRAs available for additional fee)	x	x	x	x
Online Health & Wellness Workshops	x	x	x	x
Aggregate Company Health Profile Report	x	x	x	x
1-on-1 Biometric Health Screening*		x	x	x
1-on-1 Screening and HRA Review		x	x	x
1-on-1 Onsite Health Coaching Sessions		1 visit/year/ee	2 visits/year/ee	4 visits/year/ee
Health Education Seminars or Displays		1/year	2/year	4/year
One Multi-Week Educational Program			x	x
One Health Challenge (pedometer, exercise, weight loss, etc.)			x	x
Onsite ABO Blood Type Testing			x	x
HIPAA Compliant Incentive Program			x	x
Health Claims Analysis (if claims are available)				x

* Onsite screening procedures may vary depending on state regulations. Set-up fee of \$10/employee. Additional fees may apply for travel and/or equipment.

Additional Offerings

Smoking Cessation Program (group or individual)	Price Varies by Program
Long-Term Impact Programs (1-year)	Price Varies by Program
Onsite Nicotine Testing (Blood Sample)	\$26 per Participant
Onsite Physical Fitness Assessments or VO2 Max Testing	\$60 per Participant
Incentive Campaigns	\$10 per Eligible Participant

For a no-obligation proposal or to discuss a customized program for your organization, talk to Diversified Group today.