

Wellness Program Options

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

	Health Aware \$24/ee/year	Health Assess \$160/ee/year	Health Management \$220/ee/year	Health Impact \$320/ee/year
Customized MyWellness Web Portal	x	x	x	x
Introduction and Marketing to Employees	x	x	x	x
Online Health Risk Assessment <i>(paper HRAs available for additional fee)</i>	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 <i>(pedometer, exercise, weight loss, etc.)</i>			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

Additional Offerings

Smoking Cessation Program	\$2,500
Long-Term Impact Programs (1-year)	Price Varies by Program
Onsite Nicotine Testing (Blood Sample)	\$26.00 per Participant
Onsite Physical Fitness Assessments or VO2 Max Testing	\$60 per Participant

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