



Wellness  
Workdays™



# Wellness Workdays Programs

Inspire Healthy Employees.  
Realize Healthy Savings.™

# About Wellness Workdays

Wellness Workdays is your dedicated partner to create a corporate wellness program that will inspire your individuals to make simple and positive changes to improve their health.

We work with employers, insurers, benefits consultants and partners to provide the strategic direction, tools and resources required to design and deliver a comprehensive well-being program that improves employee health, productivity and a culture of well-being. Our clear focus on nutrition and a customized, hands-on approach make us unique in the wellness industry.

Our programs are designed to effectively target your entire employee population, not just those at risk. We utilize a population health management approach, including a combination of online resources, personal attention and onsite focus, to ensure your wellness initiative attracts a wide range of individuals. We help individuals improve their overall well-being by applying our expert knowledge in nutrition, physical activity, stress, smoking, productivity, mental and emotional health, and financial wellness.

All of our programs are backed by decades of research. Each program is developed using a scientific approach and evidence-based conclusions from research in nutrition, fitness and wellness.

## Metabolic Syndrome – Behavior Change Program

The final results of a recent Metabolic Syndrome program showed a remarkable improvement in employee health in all categories.\*



**83%**

IMPROVED THEIR  
TOTAL CHOLESTEROL



**70%**

LOST AN AVERAGE  
OF 5LBS/PERSON



**66%**

IMPROVED THEIR  
LDL CHOLESTEROL



**61%**

LOWERED THEIR  
TRIGLYCERIDES



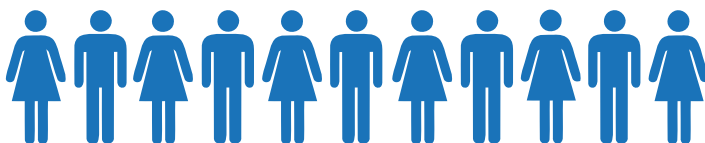
**59%**

LOWERED THEIR  
BLOOD PRESSURE



**66%**

STARTED EXERCISING  
AT LEAST 3 DAYS/WEEK



**\*BASED ON 12 WEEKS OF:**

- ONLINE EDUCATIONAL SESSIONS
- ONE-TO-ONE TELEPHONIC COACHING

# What We Offer

Wellness Workdays is committed to providing effective wellness initiatives to help you achieve your desired outcomes. We do not offer cookie-cutter templates. Our wellness programs are personalized, high-touch, and customized for each organization, no matter your employee population or working budget.

## Screenings and Assessments

### Biometric Screenings

Measure total and HDL cholesterol, blood glucose, blood pressure, and Body Mass Index.

### Personal Health Assessment

A questionnaire about health behaviors to assess risk and overall wellness.

### Fitness Assessments

### DermaScan Skin Screening

### Bone Density Screening

### Engagement Surveys

Interested in another screening not listed? Please inquire at [wellness@wellnessworkdays.com](mailto:wellness@wellnessworkdays.com).

## Content Areas

### Nutrition & Healthy Eating

### Stress & Resilience

### Financial Wellness

### Weight Management

### Mental & Emotional Wellness

### Sleep

### Physical Activity

### Smoking Cessation

### and More!

## Programs and Services (Implementation of Content Areas)

### Behavior Change Programs

Evidence-based programs to help employees make lasting changes. These range in length from 30 days to a full year, and can be self-directed (online) or led by a Registered Dietitian.

### Chair Massages

A wonderful antidote to stress and muscle tension.

### Culture Campaigns

Foster a culture of well-being at your organization.

### Wellness Challenges

Team-based or individual challenges focusing on a variety of wellness topics.

### Fitness Classes

Yoga, strength exercises, gym orientations, and more.

### Health Fair Tables

Highlights general wellness or a specific health topic at your company's health fair.

### Health Coaching

On-site or telephonic. Provides access to an RD or certified wellness coach to help individuals develop and achieve goals.

### Cooking or Smoothie Demonstrations

Build skills and confidence in the kitchen. Focus on general nutrition or cooking for specific dietary needs.

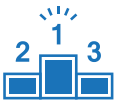
### On-site Seminars and Online Webinars

One time event or a series.

To request your services and begin designing your wellness program, visit our website at [www.wellnessworkdays.com](http://www.wellnessworkdays.com).



## Why Wellness Workdays?



### Focus On Outcomes

Your organization. Your goals. Our award-winning strategy, nutrition focus and dynamic account team ensure success.



### Strategic Direction

Using Harvard University research principles, we develop a unique and innovative program for your organization.



### Hands-On Approach

Our team handles all of the details, big and small, so you don't have to.

## Contact Us

### HEADQUARTERS

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