

## Our Mission

To provide the highest quality corporate health and wellness solutions driving positive change in companies' bottom lines and improving the quality of life for their workforces.



## About us

TotalWellness has been a trusted partner to organizations for more than a decade, lowering their healthcare costs, preventing disease, and creating health and wellness solutions to foster a safer and more productive work environment. We increase your bottom line, but more importantly we improve the quality of life for your employees.

TotalWellness began in 1998 by offering on-site flu vaccinations, and eventually biometric health screenings to organizations across the United States. Now, with over 3,000 healthcare professionals employed nationwide, TotalWellness is able to provide comprehensive health and wellness solutions to companies of all business models, sizes, and locations. TotalWellness stands out amongst our competitors by employing quality staff, providing phenomenal customer service and designing customized wellness solutions specific to your needs.

### **Total Wellness**

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# 2011

# TOTALWELLNESS

# Healthier People....

## Health Screenings

This first and most critical step in any corporate wellness solution is a basic health screening. If you don't know the health issues that are facing your employees how can you target initiatives to help your employees become healthier people?

TotalWellness offers a variety of screening options, including biometrics, health fairs, bone density, carotid artery, body fat, fitness testing, pulmonary function and several other options to give you the best indication of overall health for your employee groups.

Our nurses are the best in the industry. We hire them and train them, not staffing agencies. Our nurses make that personal connection with your employees. TotalWellness has over 3000 contracted medical professionals nationwide that interpret the numbers for your employees so they can walk away from a screening event feeling equipped to make positive healthy lifestyle changes. Our nurses are talented, experienced professionals and they understand that they represent not only our brand, but also yours.

## Personal Health Assessments

The TotalWellness PHA measures the health of your employee group. A world-class team, which received two Surgeon General Koop awards, developed the TotalWellness health assessment. The PHA measures productivity, absenteeism and presenteeism as well as incorporates an individual descriptive report from the biometric results of the health screening. The PHA is user friendly and takes about 15 minutes to complete. Health Categories include:

- Alcohol Use
- Metabolic Health Syndrome
- Personal Health & Safety
- Physical Activity
- Sleep and Fatigue
- Tobacco Use
- Life Satisfaction
- Nutrition
- Preventative Health

# Healthier Bottom Line

## Lifestyle Management Health Coaching

Each of us faces different health challenges. The TotalWellness targeted health coaching curriculum coupled with an empowering coach to employee relationship, is the key to meeting employees exactly where they are in their journey to positive behavior change.

## Flu Vaccinations

The CDC states the flu costs businesses approximately \$10.4 billion annually in direct medical costs. In addition, unvaccinated employees that get the flu account for 39% of all illness-related workdays lost. Offer an on-site flu shot event for your employees or provide flu vouchers for your remote employees and prevent the spread of the flu. TotalWellness is your trusted partner for health and wellness, we'll show up on time and we'll have vaccine!

## Online Scheduling Tool

The online tool, created by TotalWellness, was developed to alleviate administrative burden for scheduling appointments, by allowing the participants to reserve or change appointments as needed. The participants will receive one confirmation and two reminder emails for each scheduled appointment. This tool is completely customizable, syncs with outlook, lotus and ical, exports to excel, and several other options to meet your specific scheduling needs. Our online scheduling tool will boost your event participation. [EmployeeSignup.com](http://EmployeeSignup.com)

## TotalWellness Team

TotalWellness is your trusted partner in Wellness. Our passion for quality and customer engagement is what sets us apart.

