



The average employee has a plate full of responsibilities and limited time. We believe worksite wellness needs to be fun and simple, or people just won't use it. With that in mind, we developed Beata, an affordable turnkey wellness program that is designed to help your employees feel better and feel happier.

We know what you're thinking: What's Beata?

Beata, by TotalWellness, is an inspirational wellness solution built on the power of positivity. It's quite simply one of the best wellness programs for small to medium-sized businesses on the market. How can we be so sure? Because:

- It means happy! Beata, derived from Latin, means happy. We thought it was perfect because everyone needs a little more happiness in their lives.
- It's based on a simple idea: wellness programs shouldn't suck. And, they shouldn't be frustrating.
- It's a wellness program with a thoughtful design. From the way it looks online to how it makes you (and your employees) feel.
- It's a comprehensive wellness program that builds healthy habits through positive feedback, education, rewards and a dose of fun.
- It includes an online engagement platform filled with nourishing goodness and life-enhancing resources, tools and information.
- It was developed by our in-house team of experts. We're a tight knit group of passionate folks dedicated to making the world healthier and happier.



› Our goal with Beata is to co-create a culture of happiness and well-being, one company at a time.



Reasons to Love Beata

Beata was designed as an all-in-one wellness program that is simple and easy to implement. This means that we can get your wellness program up and running quickly. It also means we've stripped out unnecessary clutter—Beata includes only the things you need:

- **Create a culture of wellness:** When you partner with TotalWellness you'll get access to our online resource library filled with ideas and recommendations to foster a supportive environment. And with on-site biometric screenings, you'll empower your employees to take charge of their health.
- **Promote your program:** We help build excitement and encourage participation with ready-to-go communication tools like posters, flyers and emails.
- **Access health information and resources online:** Our engagement platform gives your employees guidance as they learn easy ways to incorporate healthy habits into their lives, plus emails to keep them motivated all year long.
- **Utilize flexible screening options:** TotalWellness offers convenient ways for all employees to capture their biometric numbers with on-site screenings, health provider screening forms, LabCorp vouchers and home test kits.
- **Assess health:** The online health assessment is a short survey that asks questions about specific lifestyle habits and takes less than five minutes to complete. After completing the assessment, employees receive a wellness score and customized tips to help them make healthier choices.
- **Engage employees year-round:** Participants earn points for completing elective activities each month. We include activities like getting a flu shot, volunteering in the community and walking during lunch.
- **Motivate employees:** With our flexible incentive structure, you can select how you want to reward your employees for being engaged with your program.
- **Measure program success:** Evaluate your wellness program with participation reports, incentive reports, aggregate screening reports and summaries of program outcomes.
- **Get support:** You'll be supported by a TotalWellness consultant who will work with you to establish your program goals, provide communication materials and keep you on track throughout the year.

Beata helps companies improve the health and performance of their employees. Study after study shows that happier employees are more engaged, more motivated, give better customer service, play more effective roles in teams and make better leaders. Bottom line: Happiness is worth it.

*Happily
Different*

OUR POSITIVE APPROACH TO
SCREENINGS IS MORE
MOTIVATING AND ENGAGING.

OUR HEALTH ASSESSMENT IS
DELIVERED IN A USER-FRIENDLY,
GRAPHICAL FORMAT.

OUR PROGRAM ENCOURAGES
HEALTHY HABITS IN 3
AREAS: EAT, MOVE & LIVE.

It's time to introduce your employees to the brighter side of wellness. Call us at **888-434-4358** to set up a free demo.

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