

Employee Wellness Programs

***Evaluate, Educate
and Engage.***

Creating A Culture of Well-Being



Balanced Wellness





Evaluate. Educate. Engage.

First things first...Evaluate

Before we know where we are going, we first need to determine where we are. Assessing the current corporate culture... as well as the well-being of each employee is paramount to getting started on the right foot.

Next up...Education

In the wellness world, knowledge is king. Through webinars, workshops, and online learning modules we equip your workforce with the tools necessary to succeed in creating a better self – body, mind and spirit.

One, Two, Go!...Engagement

Buying into the program is half the battle. If your people are simply going through the motions, we're not doing our job. Same true with the company. Your company must see the vision and believe in its worthiness.



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The benefits of being well.

Corporate Benefits

First of all, you get to look like “the Good Guy.” Which helps in both recruitment and employee retention. Second, study after study shows that participation in a company-wide employee wellness program results in fewer absences, lower healthcare costs, and increased productivity.

Employee Benefits

We nurture the body, mind and spirit; resulting in a happier, healthier and more content employee. We can help lower blood pressure and cholesterol, as well as positively impact weight loss efforts, often staving off diabetes and other chronic illnesses. All this leads to increased energy, and increased performance.

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Changing Corporate Cultures, One Happy Employee at a Time.

Our Coaching Staff

Everyone is different when it comes to learning. That's why we have compiled a diverse coaching staff - ensuring we've got the right approach for each of your employees.

Technology that delivers...CoreHealth™

Our wellness portal, CoreHealth, is the digital cornerstone of our wellness program. Designed to be accurate, informative and motivational, CoreHealth, lets the employee and the employer follow individual performance.

Workshops and Health Programs

In addition to a catalog of over 100 ready-to-go workshops, we know that sometimes one size does not fit all. Our customizable workshops are designed to address specific challenges and are result-driven, and available on-site, online, or a hybrid of both.

Challenges and Incentives

Everyone appreciates a challenge...and a reward. We develop incentive programs that truly "fit" - and motivate. Our seasonal challenges keep things fresh and exciting.

Pricing

We have a host of pricing packages that allow you to build-your-own wellness program.

Contact us for more details.

