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## Health and Wellness Consulting

### WD! Check-up

- Analysis of current wellness environment
- Report card
- Recommendations

### Wellness Committee Management

- Assistance with establishing a wellness committee
- Attend wellness meetings
- Provide guidance and communication of best practices

### Program Design

- Multi-year strategy
- Participation-based
- Outcome-based

### Resource Management

- Medical carrier service review
- Walsh HR portal
- WD! Discussion- Quarterly wellness roundtable
- Health fair coordination
- Educational materials\*
- Group presentations\*
  - [Financial Wellness; Blood Pressure Reduction; Stress Management; Nutrition; Exercise; Weight Management]
- Assistance in implementing an on-site fitness center
- Facilitation of on-site AED/CPR training

### Individual Consultations \*

- Customized Nutrition plan – Certified Dietitian-Nutritionist
- Customized Fitness plan – ACSM Certified Personal Trainer
- On-site/Telephonic – ACE Certified Health Coaching

### WD! Total Wellness Package\*

- Included:
  - Individual Nutrition & Fitness Plan
  - Meetings with an ACE certified health coach
  - Monitor and evaluate progress
  - Weekly motivators

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Wellness Coordinators

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\*Additional fees may apply based on group size