

Sargent & Associates' Health & Wellness Program



Bronze Health & Wellness Program

This program is for the company who is just starting out with health & wellness. They may or may not have designated an employee as a Wellness Champion.

Pre-Launch Services:

- Cultural Audit
- Needs & Interest Survey
- Develop Wellness Operating Plan
 - ✓ Vision/Mission Statement
 - ✓ Create Wellness Committee
 - ✓ Develop goals & measureable objectives
 - ✓ Plan Wellness Calendar
 - ✓ Itemized budget
 - ✓ Marketing strategy
 - ✓ Evaluation process
- Biometric Health Screening

Program Components:

- Monthly Onsite Health Coach
- Monthly Wellness topic
- Monthly Educational Handout
- Team Challenges

Monthly Wellness Coordinator provided by Sargent & Associates:

- Create theme health & wellness brand recognition
- Design & coordinate monthly mini biometric & educational sessions
- Develop consistent communication tools for employees through posters, emails & payroll stuffers
- Provide theme branded printed educational material for the monthly Health Coach visits
- Monthly aggregate & annual reports
- Coordinate incentive campaigns
- Additional Product Development services provided on an as needed basis

Program evaluation:

- Administer employee survey
- Attend annual stewardship meeting



Silver Health & Wellness Program

This program is for the company who has established an in-house Wellness Champion to work in partnership with designated Health Coach.

Pre-Launch Services:

- Cultural Audit
- Needs & Interest Survey
- Establish Wellness Committee
- Designated Employee Wellness Champion to work in partnership with designated Health Coach to develop Wellness Operating Plan
 - ✓ Vision/Mission Statement
 - ✓ Create Wellness Committee
 - ✓ Develop goals & measureable objectives
 - ✓ Plan Wellness Calendar
 - ✓ Itemized budget
 - ✓ Marketing strategy
 - ✓ Evaluation process
- Introduce Health Coach to Wellness Committee
- Biometric Health Screening

Program Components:

- Onsite kick off Meeting
- Monthly onsite Health Coaching
- Monthly onsite Wellness Workshop
- On-going Virtual Health Coaching – electronically & telephonically
- Designated Wellness Room

Company Employee Wellness Champion directs the following:

- Overall promotion
- E-mail blasts
- Coordinate monthly activities
- Partners with Health Coach on all aspects of the program
- Incentive Campaigns

Program evaluation:

- Administer employee survey
- Attend annual stewardship meeting
- Wellness Video Testimonials
- Year end Corporate Program Presentation



Gold Health & Wellness Program

This program is for the company who has established an in-house Wellness Champion to work in partnership with designated Health Coach to provide onsite health coaching with an additional benefit of an individualized membership of online health & wellness platform, **Choose Health**.

Pre-Launch Services:

- Cultural Audit
- Needs & Interest Survey
- Establish Wellness Committee
- Designated Employee Wellness Champion to work in partnership with designated health coach to develop Wellness Operating Plan
 - ✓ Vision/Mission Statement
 - ✓ Create Wellness Committee
 - ✓ Develop goals & measureable objectives
 - ✓ Plan Wellness Calendar
 - ✓ Itemized budget
 - ✓ Marketing strategy
 - ✓ Evaluation process
- Introduce Health Coach to Wellness Committee
- Biometric Health Screening

Program Components:

- Onsite Kick Off Meeting
- Monthly Onsite Health Coaching
- Monthly onsite Wellness Workshop
- Designated Wellness Room equipped with a computer
- On-going Virtual Health Coaching through utilization of a comprehensive licensed computer software program – **Choose Health** which offers:
 - ✓ Health Risk Assessments
 - ✓ Wellness Workshops
 - ✓ Food & Exercise Plans
 - ✓ Team Challenges
 - ✓ Blogs
 - ✓ Health & Wellness Library
 - ✓ Health Tracker Logs

Company Employee Wellness Champion directs the following:

- Overall promotion
- E-mail blasts
- Coordinate activities with the Health Coach
- Partners with Health Coach on all aspects of the program
- Incentive Campaigns

Program evaluation:

- Administer employee survey
- Attend annual stewardship meeting
- Wellness Video Testimonials
- Year End Corporate Program Presentation

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