



**HEALTHY IS
WELLNESS**

Healthier Employees, Lower Expenses.



A CORPORATE WELLNESS PROGRAM THAT CREATES REAL RESULTS, COMPANY-WIDE

Every year, stress
related absenteeism
costs businesses:

\$4,700

PER EMPLOYEE

550 M

WORKING DAYS

Traditional Programs

- ✗ Come once a year
- ✗ Use blanketed tactics
- ✗ Treat everyone the same
- ✗ Provide insufficient guidance
- ✗ Lack an integrated approach

Healthy Is Wellness

- ✓ Visit and assess monthly
- ✓ Personal, one-on-one coaching
- ✓ Treat everyone as individuals
- ✓ Clear guidance to achieve goals
- ✓ Organization-wide results

Healthy Is Wellness can help.

Dramatically cut costs and reduce absenteeism. Improve productivity across your business and empower your employees to make changes that have immediate positive impacts on their health.

Through our program,
clients have experienced:

20%

INCREASE IN
PRODUCTIVITY

30%

DECREASE IN
SICK LEAVE

How Healthy Is Wellness works.

Our holistic approach to wellness focuses on helping employees understand how their behavior choices impact health outcomes – while also tracking outcomes to make sure they are going where you want them to. We forge a path that ultimately leads to improved health outcomes for your employees and your business.

We simplify & personalize wellness.



Achievable Goals, Set By You

Through monthly routines we modify people's daily habits to produce healthy outcomes.



One-On-One Coaching

Our coaches meet with each participating employee, one-on-one, every single month.



Medical Grade Feedback

By assessing monthly biometric scans, individuals get to observe the scientific results on their bodies.

A formula for success.

FOR YOUR Employees	FOR YOUR Business
In person coaching, screening and analysis	Seamless HR integration and quarterly progress reporting
Monthly behavioral change routines to follow	Program implementation, set-up support, and scheduling
Access to the Healthy Is Wellness app	Flexible, scalable program custom tailored to your company's needs



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