



# Population health expertise in the delivery of wellness



**For more information:**

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## Wellness designed with you in mind...

The foundation of our Beacon Health wellness program is our ability to customize services to meet the unique needs of each population.

Personal health data, provided by the biometric screening and health risk assessment, allow our wellness team to meet your employees where they are, to more effectively engage them on healthier habits that encourage an improved quality of life. We believe wellness makes everyone better.

### Health Coaching

#### What to expect:

- Certified health and wellness coaches
- Individual health coaching sessions, up to 30 minutes or flexible scheduling
- Face-to-face, screen-to-screen, or on the phone
- Available where you work
- Supportive, motivating, and always confidential
- You decide how often you want us to reach out to people with high risk factors and chronic conditions
- Our model is flexible so we can tailor it to meet your goals

### Health Education

#### What to expect:

- Flexible scheduling to ensure all employees have access to wellness services no matter the day and time
- 10 weeks - Combination of individual and group sessions
- 30 minute sessions
- Comprehensive programs designed to support improving health and well-being
- Decrease stress
- Improve nutrition
- Measure, track, and improve your body mass index (BMI)
- Up to date, evidence-based program

### Virtual Classes

#### What we offer:

- Yoga
- High Intensity Interval Training (HIIT)
- Meditation
- Self-care
- stress Management
- Stretch breaks

### Biometric Screenings

Offering recommended intervals for biometric screenings is something we have expertise in.

Our provider led program is built on promoting evidence-based medicine.

#### What to expect:

- Blood pressure
- Height
- BMI
- Glucose
- Cholesterol