



Transforming Carrots to Culture

World-class companies understand the benefits of developing a more holistic, long-term approach to wellness that creates a culture of health. In fact, according to the 2016 Benefits Strategy & Benchmarking Survey, nearly two-thirds of employers expect building a culture of health will be their primary strategy to promote healthy behavior by 2018. We have proven that fostering a culture of health and well-being leads to happier, more productive employees and far-greater Value on Investment (VOI) for employers.



Leadership, Culture and Engagement

Senior executives rank leadership, culture and engagement a close second only to organization design as the most important trends in the industry. Health Designs' high-touch, high-tech process focuses on these key elements—from planning to implementation—as we tailor services to your organizational goals and needs.

Wellness Consulting

Our highly credentialed health professionals will create a program that engages your workforce and drives your organizational culture from the top down.

Executive Reporting and Analysis

Robust reporting provides data-driven insight into your population's overall risk factors. Combine that with risk stratification, year-over-year comparisons, trend analysis, cohort and incentive reporting, and you'll see why our clients value their partnership with Health Designs.



One-on-One Coaching

Research shows wellness programs including onsite coaching achieve 30% higher Value on Investment (VOI) than other programs. Our highly-trained health coaches have earned degrees in health education, nursing and exercise science. Just as important, they also possess the empathy and interpersonal skills to help them connect with your employees and uncover each individual's intrinsic motivations that lead to better health.

HD Core Coach

Success with one-on-one coaching in the workplace has inspired us to develop our newest offering, HD Core Coach. With HD Core Coach, an onsite health coach builds and implements an initiative to promote a healthy environment, individual well-being, and the overall goals of the organization.

Health Assessments and Biometric Screenings

Easy-to-understand health assessments, along with comprehensive biometric screenings, maximize employee engagement and understanding so they can recognize their modifiable risk factors and become empowered to improve their overall health.

Discover why over 300 companies rely on Health Designs to build their culture of health. Contact us today for a free consultation, or download our proprietary onsite coaching white paper at www.HealthDesigns.net/WelcoaVIP.

Subscribe to our blog, the "Daily Apple," at www.healthdesigns.net/reading-room/wellness-blog/.

Call us with confidence at 904.285.2019.



Jacksonville's
HEALTHIEST
employers



Health Designs

Healthier Employees. Healthier Results.

"We began working with Health Designs in 2015 when we were ready to move our employee wellness program to the next level. Health Designs provided the expertise, experience and insight to help us expand our program, resulting in increased engagement and participation."

Nancy Evolga
Human Resources Director
Florida Hospital New Smyrna

"Our program would not be at the level it is today without Health Designs' guidance, knowledge and passion for wellness. Together, we have built a culture of wellness at the PGA® Tour."

Martha Braddock
Manager Employee Benefits
The PGA® Tour

"Night and day different—we have worked with some of the largest, most recognized names in the industry and made the switch to Health Designs last year... The expertise and passion the Health Designs team brings to the partnership, from start to finish, is truly exceptional."

Clay Austin
Director of Group Health
Florida League of Cities