



## Looking for a Wellness Partner? One Company Stands Out From the Others

Your company is different from other companies. You have specific challenges and a workplace culture that is all your own. So, why would you select a wellness partner that treats you like every other client?

Health Designs is different too. We tailor solutions to your company's unique needs, goals and culture. From our proprietary planning process to dedicated onsite coaches and targeted health promotion initiatives, we partner with you to bring positive change to your employees, your company and your bottom line.

Transforming companies and helping our clients create a high-performing workplace is what Health Designs has been doing for 20 years. Turn the page to learn more about our unique approach, and why more than 99% of our clients say we are "EXCELLENT" at what we do.

[READ MORE](#)



# 1995

- Founded by Ann Sabbag
- Core Services:
  - Health Assessments
  - Biometric Screenings Integrated with Face-to-Face Coaching
  - Reporting

## Two Decades of Health Innovation

As an industry pioneer since 1995, Health Designs has a proven track record of delivering measurable results and improving the bottom line for companies both large and small.



Our high touch process—from planning to implementation—tailors services to your organizational goals and needs. And, our proprietary methodology makes Health Designs uniquely qualified to help you reduce risks within your population, while building a culture of wellness that will continuously benefit your employees and your business over the long term.

# 2000

Reaches  
**13,000**  
employees

- Expands Beyond Florida
- Added Workshops
- 76 Clients

## Delivering Value Beyond ROI

Return on investment—lowering healthcare costs, reducing absenteeism and preventing workplace-related disability—is important. But, more and more top-performing companies realize that an effective wellness program does more than just improve the income statement, it creates value for employees, customers, and all other stakeholders.

That is why at Health Designs, we focus not only on ROI, but also VOI, your Value on Investment. We become an extension of your team to improve those indicators that may not show up as a line item on your P&L, but that drive culture, create an engaged workforce and enable you to attract and retain top talent.

## Value-Driven Services Tailored to Your Organizational Needs

### One-on-One Coaching

Research shows that wellness programs that include onsite coaching achieve 30% higher VOI than other programs. Our highly trained health coaches have earned degrees in health education, nursing, nutrition and exercise science, and are trained and certified in intrinsic coaching methods. This extensive training, combined with exceptional interpersonal skills, enables our coaches to connect with your employees individually and activate each person's core motivations that will lead to better health now and in the future.

Our Clients  
Achieve  
**60%**  
Higher VOI  
vs.  
the industry  
average of 30%

# 2005

Reaches  
**30,000**  
employees

- Creates Miami, Tampa, Orlando and Pensacola Teams
- Develops a Proprietary Health Assessment
- 150 Clients

# 2010

Reaches  
**54,000**  
employees

- Adds Atlanta Team
- Introduces Onsite Wellness Coaching
- Launches Online Wellness Portal with Interactive Challenges
- 275 Clients

### Health Assessments and Biometric Screenings

User-friendly health assessments along with comprehensive biometric screenings maximize engagement and understanding so that your employees recognize their modifiable risk factors and become empowered to achieve personal health and well-being goals.

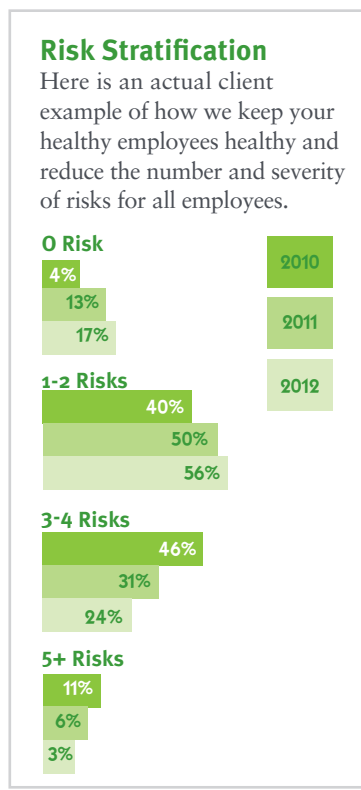
### Wellness Consulting

From developing your wellness committee and workplace programming, to supporting your staff and executing a comprehensive multi-location wellness initiative, our highly-credentialed health professionals will create a program that engages your workforce and fits your organizational needs and budget.

### 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, and cohort and incentive reporting, and you'll see why our clients stay with us year after year.

Discover why hundreds of companies rely on Health Designs to maximize the value of their of health and wellness investment.



Contact us today for a free consultation, or download our White Paper "How to Increase the Value on Investment for Your Wellness Program."

[www.healthdesigns.net/VOI](http://www.healthdesigns.net/VOI)

Call us with Confidence at 904.285-2019.



# 2015

Reaches  
**85,000**  
employees

- Employs Tablet Technology for Onsite Health Screenings
- Implements Wellness Webinars
- Serving Clients Nationwide
- Over 300 Clients

# 2016

## Transforms YOUR Company's Wellness Program





## Supporting our Clients *Like Peas and Carrots* Since 1995

In 1995 the movie “Forrest Gump” received six Academy Awards. That same year, Health Designs was established and has since, also won many top industry awards.

Over the least 20 years, Health Designs has enabled hundreds of clients to transform the health and productivity of their workforce with wellness programs tailored to each client’s specific needs.

Offering the most highly credentialed wellness team in the industry, Health Designs supports your employees through every step of their journey with personal, face-to-face coaching that increases engagement and uncovers key intrinsic motivators to help your employees achieve their self-determined goals.

Whether you are just starting a program or looking to elevate your company to a high-performance culture, Health Designs will be by your side, just as we have for hundreds of clients and thousands of employees since 1995. As Forrest would say, “like peas and carrots.”

**Call us with confidence at 904.285-2019.**

**Download Our White Paper “How to Increase the Value on Investment for Your Wellness Program?”**

**[www.healthdesigns.net/VOI](http://www.healthdesigns.net/VOI)**

  
Healthier Employees. Healthier Results.

1995