



*Better engagement requires
a different approach.*

Discover how the TotalWellness experience
leads to healthier, happier employees.

TOTAL**WELLNESS**



Biometric screenings



Expect better employee engagement with a better screening experience.

At TotalWellness, we believe everyone – yes, everyone – is healthy. That's why we start our screenings by examining what an employee is doing "right" in their life. This positive approach is more motivating and supports our goal of helping people incorporate healthier habits into their daily routine.

To maximize participation, we offer a variety of easy solutions like:

- **On-site screenings:** We cover all the details and handle the legwork so you can focus on what's important – the results.
- **Home kits:** For employees who can't make the local screening event, we can mail an easy-to-administer test kit directly to their house.
- **Primary care physician forms:** We can even collect employee health data from a primary care physician office visit.
- **Lab vouchers:** Through a partnership with a national lab, we offer a convenient way for employees to access screening services.

› Learn more about our biometric screening experience at totalwellnesshealth.com/biometric-screening

Flu shots



Quality, consistency and convenience are the hallmarks of our flu shot clinics.

Your workdays are hectic – the last thing you need to worry about is overseeing a flu shot event. You can trust our network of over 6,000 trained health professionals nationwide to plan, coordinate and deliver a customized workplace clinic that's easy and affordable.

Additionally, we also offer convenient flu shot voucher programs:

- **Flu shot vouchers:** No matter where your employees live or work, we've got you covered. TotalWellness can provide your employees with a voucher that can be presented at thousands of pharmacies across the country, including CVS Health, Walgreens, Rite Aid, Walmart, and Kroger. This enables employees to get flu shots on their time at their neighborhood pharmacy.

› Learn more about our flu shot clinics at totalwellnesshealth.com/flu-shot-clinics

Wellness services



Customizable and affordable.
We can cater services to your
specific company needs.

Whether you have a staff of five or 5,000, we believe a customized solution always yields the best wellness results. Our consultants will tailor a program that encourages your employees to build upon their healthy habits with services like:

- **Wellness portal:** A comprehensive Web-based platform that delivers a total worksite wellness program, including modules designed to reinforce your long-term wellness strategy, a robust list of wellness challenges, health trackers and more.
- **Health risk appraisal:** An online health assessment questionnaire that can help your employees pinpoint their health risks while allowing you to monitor changes in the population's health status year-over-year.

› Learn about all the wellness services we have to offer at
totalwellnesshealth.com/employee-wellness-programs



Discover the difference experience can make.

Since 1998, TotalWellness has been committed to using positive reinforcement to help employees incorporate healthier habits into their lives. We strive to help improve the health of your team so they can lead a more balanced life at home and at work.

To put TotalWellness to work for your employees, call us at **888-434-4358**.

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