



**Wellness
Coaches™**

Engage. Inspire. Thrive.

Continuing Care Services

Providing resources to support continued care for employees after their return to work will be key to helping everyone stay healthy and safe.

★ Wellness Coaching (Onsite and Virtual)

- Healthcare professional providing critical behavior change coaching to improve the overall well-being of your population by reducing employee health risks and workplace injuries.
- Coaches provide support for physical activity, weight management, tobacco cessation, blood pressure, stress management, and resiliency for healthier habits.

★ Nutrition Services (Onsite and Virtual)

- Registered Dietitians providing evidence-based Nutrition Counseling and condition management.

★ HealthyWays Virtual Coaching Platform

- **HealthyWays customizable platform**
Wellness resources, wearable device syncing, chat with your Coach, incentive management and reporting.
- **Private video sessions with a Wellness Coach**
Confidential, HIPAA protected 1-on-1 sessions with your Wellness Coach.

★ Biometric Screenings

- A simple screening process for our clients. Onsite screenings, offsite screenings and physician submission services. Lab vouchers also available.

★ Flu Shots

- Influenza vaccine provided onsite by registered nurses. Lab vouchers also available.

★ Group Engagement Activities

- Group support for committing to personal well-being, and available virtually or onsite.
- Topics include mindfulness, resiliency, self-care, boosting immunity, physical fitness, diabetes prevention and management, and much more.
- Activities include mindful deep breathing and meditation sessions, guided stretching and exercise demonstrations, corporate wellness challenges, tobacco cessation classes, and much more.

Pricing – Continuing Care Services

Wellness Coaches Solution	Pricing	Fees
Virtual Coaching Platform	\$1.00 PEPM w/ onsite coaching \$3.00-\$5.00 PEPM w/out onsite coaching	TBD based on customization
Group Engagement Activities	\$500 per event (included with onsite coaching)	--
Onsite Wellness Services		
• Wellness Coaching	\$58-\$68/hour*	\$2,000-\$4,000 start-up
• Nutrition Services	No cost under many health plans	--
• Biometric Screenings	\$40-\$45 per screen*	--
• Flu Shots	\$33 per participant*	--

*Bulk discounts available

Contact Us For More Information: gmcquire@wcusa.com OR 484.571.7187

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