

Take the next step in worksite wellness.

Choose a package. We'll do the rest.

Give your employees the information they need to live healthier lives—and take charge of your organization’s health care costs at the same time. Our affordable on-site wellness packages can simplify the process of implementing a wellness program or bolstering what you already have.

These programs are part of our population health management support, and reflect Group Health’s approach to preventive care and catching health problems early.



To get started, contact your producer or account manager, or call our Sales Department at 1-800-542-6312.

Our wellness consultants can help you select a package that matches your organization’s needs and budget.

ON-SITE WELLNESS PACKAGES PRICE LIST

HEALTH FAIR	OUCH-FREE BIOMETRIC SCREENING EVENT + COACHING	1 WELLNESS WORKSHOP	4 WELLNESS WORKSHOPS	ON-SITE BEHAVIOR-CHANGE COACHING
\$225 first hour, \$75 each additional hour	\$350/day, up to 4 hours 25-participant maximum	\$250	\$1,000	\$500/day 20-participant minimum
Interactive health information displays and brochures Mini drop-in biometric screening	Ouch-free biometric screening event One-on-one explanation of each participant’s results Brief behavior-change coaching Encouragement to complete a health risk assessment	Your choice of one wellness workshop	Four on-site wellness workshops Consider offering one per quarter, or all in a single month to kick off a new wellness campaign	On-site coaching sessions, 15 minutes per individual Sessions address goals, barriers, and action plans

See next page for program details

On-site wellness program features

WELLNESS WORKSHOPS

One-hour wellness workshops that engage employees in easy, incremental ways they can improve their health and sense of well-being. Workshops are offered by our experienced, in-house health educator.

Eating your way to better health



This workshop covers foods that make up a healthy diet, tips for improving eating habits, and a sample day of healthy meal choices and grab-and-go snacks. We'll discuss barriers to healthier eating habits and ways to overcome them. Each participant will create an action plan for applying what they've learned.



Finding your work-life balance

Maximizing quality time in both your personal and professional life is the topic of this workshop. We'll discuss time-management techniques, lifestyle changes to better manage stress, and the importance of building a strong support system. Scenarios related to work, relationships, and finances will allow for group problem-solving, and participants will develop an action plan for applying what they've learned.



Getting more active—a step at a time

Finding incremental ways to become more physically active—beginning with activities you find especially fun—is the focus of this workshop. We'll discuss barriers to getting regular exercise, and ways to overcome them. Participants will identify S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Timely) personal goals for achieving a more physically active lifestyle.



Taking charge of your blood pressure

Blood pressure basics will be covered in this workshop. We'll define hypertension and its health risks, and discuss ways to prevent or manage hypertension through healthy lifestyle habits. We'll also cover how to create an action plan for successful blood pressure management and techniques for overcoming barriers.

HEALTH FAIR

Interactive health information exhibits and brochures. Includes mini drop-in biometric screening with blood pressure reading, measurement of body mass index (BMI) and body fat percentage, and results review.

OUCH-FREE BIOMETRIC SCREENING EVENT

Screening includes blood pressure reading and measurement of body mass index (BMI), waist circumference, and body fat percentage. No blood work is needed to gain valuable information about risk levels and overall health. Participants get a one-on-one explanation of their results, brief behavior-change coaching, and encouragement to complete a health risk assessment. Aggregate reporting available.

ON-SITE BEHAVIOR-CHANGE COACHING

Employees receive 15-minute, one-on-one coaching sessions with our experienced in-house health educator. Sessions address goals, barriers, and action plans related to healthy eating, getting active, and work-life balance. Minimum of 20 participants.

AGGREGATE REPORTING

A tally of your employees' participation in wellness activities, their top health risks, and other aggregate information that will help you plan targeted wellness programs in the future. Does not include protected health information (PHI).

Contact your producer or account manager, or e-mail [Veronica Amucha at ghcwellness@ghc.org](mailto:Veronica.Amucha@ghcwellness@ghc.org), to get help choosing an on-site wellness package that's right for you.