

Life Advisor Wellness Program Options	Establish Your Stats!	Get in the Game!	Practice Your Game!	Improve Your Game!
Dedicated Wellness Account Manager	☐	☐	☐	☐
Worksite Wellness Assessment	☐	☐	☐	☐
Employee Health & Wellness Interest Survey	☐	☐	☐	☐
On-site Health Screening	☐	☐	☐	☐
Health Risk Appraisal (HRA) Questionnaire	☐	☐	☐	☐
Outreach Wellness Coaching	1 Session	3 Sessions	3 Months	Unlimited
Wellness Portal	☐	☐	☐	☐
Wellness Brochures & Posters		☐	☐	☐
Wellness Committee Participation		☐	☐	☐
Wellness Challenges		1 Challenge	2 Challenges	3 Challenges
HealthTracker®		☐	☐	☐
Wellness Wednesday Email			☐	☐
Lifestyle Programs			☐	☐
Wellness Seminars			1 hour for every 25 participants	2 hours for every 25 participants
Wellness Brochures			☐	☐
Flu Shots			☐	☐
Measuring Success Reporting & Analysis				☐

All programs can be customized and services purchased individually.