



## Mobile Wellness Services

Mobile Wellness Services can be customized to each workplace. Attendance of 20 employees minimum must be met to receive mobile Employee Wellness services.



### Movement Activities

#### Functional Strength Training

Virtual or In-Person

Got some space to move? Each 30 minutes class features a warmup, a bodyweight-only circuit, and a cool down.

#### Deskercises

Virtual or In-Person

Short simple guided movements that can be done right at your desk or workspace – often in just a few minutes – without needing special equipment or a change of clothes. Designed to help reduce stiffness, improve circulation and boost energy.

#### Pickleball

In-Person

Got a large room or parking lot? We bring the court to your workplace.



### 101 Sessions

Virtual or In-Person

#### Employee Wellness Program 101

An information session on how to utilize the employee wellness program and earn incentives.

#### WellSteps 101

An information session on the features of the WellSteps app including logging points, creating challenges, and tracking activity.



### Mental Health

Virtual or In-Person

#### Mindful Moments 20-30 mins.

Take a break with a guided meditation to reconnect with your senses and reduce burnout and manage stress.

#### Question. Persuade. Refer (QPR) 90 mins.

QPR teaches how to recognize the warning signs of suicide and provides guidelines on how to: Question a person about suicidal thoughts, Persuade them to seek help, and Refer them to professional services. Note: Only up to 35 employees can attend at a time.

#### VEST Employee Assistance Program

Learn about VEST services to enhance your employee's mental health including 24/7 Care Center, online courses, counseling, financial consultations, legal consultations, and a personal mental health concierge.

#### Mental Health First Aid

It offers training to enhance participants' understanding of mental health issues and equip them with practical strategies to support others competently. The training is 8 hours and \$125 per person.



### Wellness Workshops

We offer a broad range of classes that give you the skills to take charge of your health and wellness. Tailor wellness workshop topics to your employees.

Mapping Your Goals

Stress Less & Raise Resilience

Explore Gratitude

Effective Communication

Finding Time for Fitness

Eating Well to Prevent T2

Intuitive Eating

Good, Better, Best Choices - Nutrition

Nutrition on the Go

Social Connectedness

Cultivating Connection

Team Building Activities

Heart Health

The Nature of Hope

Atomic Habits

Getting Active

Taking Charge of Your Thoughts

Work-Life Balance

Mindfulness

Combatting Burnout

Self-Care

Sleep

Taking Movement Breaks

Tanita Scale & Understanding Body Metrics

### Coaching

In-Person

#### Health Coaching

Schedule a half or full day for a health coach to be onsite at your location to provide participants with a space for strategies for wellness goals.

#### Financial Coaching

Schedule a day for employees to meet with a financial wellness coach to provide guidance on reducing debt, lowering loan rates, creating a budget, and much more.

#### Dexa Body

Dexa Body provides employees with a bone density, muscle mass, and body composition scan followed by a results consultation. Dexa requires a 16-client minimum for a half-day event (4 hours) and a 25-client minimum for a full-day event (8 hours). HSA or FSA cards are accepted for the scan.