



## Your Wellness Program Companion

Wellness, it's more than just a buzz word these days. Wellness programs are a "growing global phenomenon" according to one study representing about 7 million employees, which found that nearly 86% of US employers are offering some sort of wellness programming. At Continuum, we believe that we have something to offer everyone, whether you are just contemplating starting a *wellness program*, or already have a formal program up and running.

Consider these ways that Continuum can help you with your wellness programming:

- ⊗ **Continuum can help conduct a Company Needs Assessment or Employee Health Interest Inventory.** Assess the health of your workplace, examine your readiness for wellness programming, and acquire important planning data as to what your employees are interested in. We can help develop your survey and assist with data collection using our 20/20 Insight technology. *Additional fees involved, pricing based per project.*
- ⊗ **Continuum can help employees assess their current state of health.** HelpNet, our online work-life product, includes a comprehensive health assessment profile that employees can use to obtain an overall picture of their health. Also included in HelpNet are a number of our other specialized assessments which can help employees evaluate their risk for different conditions and learn how to reduce them. *Available for all HelpNet subscribers. If you do not currently have this service, contact your Continuum Consultant or Kris Brennan for a guest pass.*
- ⊗ **Wellness Coaching– Telephonic/Internet Service.** Continuum's Wellness Coach is available to individuals wanting assistance in achieving their goals of living a healthier, more balanced life. Those who use coaches tend to be more successful in committing to and achieving their goals. Employees simply call us and ask for the Wellness Coach to begin this service. *A service enhancement available to all Continuum member companies.*
- ⊗ **Wellness Coaching- On-Site.** Continuum can help employees make sense out of their health assessment profiles and help them figure out where to start in living a healthier lifestyle. We can match employees with a Wellness Coach who can help them: 1) Generate goals related to improving their health. 2) Identify and reduce potential barriers to success. 3) Establish personal accountability. 4) Develop a support network for enhanced success. *Additional fees involved, pricing based per project.*
- ⊗ **Wellness One-Stop.** Continuum is your source for wellness educational information. On the Continuum website, Wellness One-Stop features links wellness articles, websites, and other resources for both individuals and organizations in one convenient location. The One-Stop also includes Jennie's Tips which are valuable bits of health and wellness advice from our Wellness Coach, Jennie Wall. *A service enhancement available to all Continuum member companies.*

For more information about this or any organizational development service, please contact Continuum EAP at:

**(402) 476-0186**

or toll free at **(800) 755-7636.**

If you prefer, you may email a consultant at **[easpecialist@4continuum.com](mailto:easpecialist@4continuum.com)**