

# How

## Much are Your Employees Costing You?

Dramatically Decrease Health Care Costs and Increase Productivity!

### Smartloss™

### Health Focus™ Seminars

The only proven solution for fast, healthy, long term weight loss.

- On site
- PhD Approved
- Lifestyle Living™
- Personalized Plans
- Goal Tracking

Educate and motivate with an on site, high impact health seminar.

- "Staying Healthy on the Road: Exercise and Nutrition for the Traveler"
- "The Truth about Nutrition"
- "Balancing Work and Family"
- "Tobacco: Kicking the Habit for Good"
- "The Anti Aging Prescription"
- "Secrets to Effective Stress Management"
- "Thwarting Heart Disease, the Silent Killer"
- "And Many More"

**envision**  
HEALTH & WELLNESS

For more information visit [www.envision-wellness.com](http://www.envision-wellness.com)  
Or call 602.989.3531

# Take a good look at your employee's needs

Then look to **enVIsion**  
HEALTH & WELLNESS

## Programs designed to stimulate, motivate and educate your employees.

No single approach is right for every company or every employee. That's why Envision Health & Wellness works with you to custom design a program that will address your company's particular requirements and your employees' individual needs. Programs can be as simple as a health seminar series or a weight management program up to a fully staffed onsite wellness center.

- Our programs:
- Educate on the benefits of living a healthy lifestyle
  - Increase productivity
  - Help prevent injuries and get injured employees back to work quickly
  - Manage and control overall health care costs through analysis and prevention
  - Reduce absenteeism and turnover
  - Improve the overall quality of life for participants and their families

## Our Services:

### ***Consulting & Management***

Envision Health and Wellness will assist in all phases of wellness program start up, design, operations and management.

### ***Wellness & Self Care Programs***

It takes more than exercise and eating right to create a healthy workforce. Many other stress and disease related issues also need to be addressed to achieve maximum health and wellness.

### ***Nutrition Programs***

With so much misinformation about nutrition and diets in the media today, we offer employees a common sense approach to eating right and help guide them through the process.

### ***Fitness and Exercise Programs***

Fitness is a critical piece to improving overall health; accordingly, we offer programs that will improve the fitness level of all employees.

### ***Injury Prevention and Care Services***

Your employees are your most valuable asset. We provide programs to help you keep your employees injury free. And, if an injury should occur, we understand the need to get them back to work quickly.

### ***Community Events***

Getting out in the community and sharing your enthusiasm for health and helping others is a great way help educate your community on the benefits of living a healthy lifestyle. We will help you organize your "company to community" events.



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