

CORPORATE WELLNESS PROGRAM

by Soup of the Day



Corporate Wellness Proposal

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Why Corporate Wellness



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“Our mission is to unleash, facilitate, and co-create integrative wellness of your employees, as embodied in their positive attitude and healthy lifestyle reflected in their work, home and community.”

Extensive studies have shown that a Corporate Wellness Programs yield significant returns:

- Enhanced recruitment and retention of healthy employees
- Fewer absences
- Improved job performance and greater productivity
- Improved employee relation and morale leading to a more supportive and harmonious work place
- Improved your business bottom line
 - Reduced cost of your employees' health benefits
 - Decrease in productivity losses due to employees health problems or injuries

Based on the above, results suggest that it is no longer a question whether companies should implement a corporate wellness program but how to design and implement such a program to achieve a sustainable integrative well-being of their employees.

The usual challenge or main reason for not implementing a corporate wellness program is the lack of resources and staffing. With Soup of the Day, we are your resources. We have the qualified personnel to help your employees get started and see results. We offer a variety of programs and services to ensure employees are motivated to getting started and staying healthy.

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Corporate Wellness Program – Making it Real



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The worksite organizational culture and environment are powerful influences on behavior and this need to be put to use as a means of assisting employees to adopt a healthier lifestyle. Benefits of worksite wellness programs for employees include:

- Weight reduction
- Improved physical fitness
- Lower level of stress
- Increased well-being, self-image and self-esteem

SAMPLE 6 MONTHS CORPORATE WELLNESS MODULES

Module 1 - Proper Nutrition Education (3 sessions)

- Carbohydrates, Protein & Fats
- Vitamins and Minerals
- Healthy cooking, Healthy eating
- Buy food in season, locally and organically or naturally grown
- Adding zest to your cooking styles or food preparation
- Using herbs for natural flavor and good health
- Grow your food, empowering your pocket and health
- Mindful Eating

Module 2 - Mind Works Matter (2 Sessions)

- Positive Psychology, The Work, a cognitive therapy application
- Stress Management, understanding fight or flight reaction
- The Power in You

Module 3 - Understanding Bio-Individuality (2 Sessions)

- Human Anatomy 101, how our body works
- Understanding Chronic Diseases, how to prevent
- Practicing self care

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Module 4 – Mind, Body And Soul Integration (2 Sessions)

- Primary Food, the Circle of Life
- Physical Activity, Aerobics, Yoga, Meditation, Breathing Techniques and Energy Healing

Module 5 – Doing Good, Feeling Good (2 Sessions)

- Inspiring others through Living Healthy
- The Agent of Positive Change in YOU at HOME, WORK and COMMUNITY

Module 6 – Mastering The Art Of Healthy Living (1 Session)

- Inner Retrospection
- The Virtue of Gratitude

IMPLEMENTING CORPORATE WELLNESS PROGRAM:

- What to know about Corporate Wellness Program
- Implementation Methodologies and Empowering Strategies
- Launching, Monitoring and Evaluating your Work Place Wellness Program
- Learning Tools to address areas of concerns
- Sustainability as Measure of Success

STRATEGIES FOR A SUCCESSFUL WELLNESS PROGRAM:

- Deciding who your program is for
- Deciding what health issues and behaviors your program will address
- Creating a Program for your employees' Integrative Optimum Well-Being
 - Health Screenings, Needs and Interest Assessment
 - Health Education, Information, and Self-Help Tools
 - Activity Organizing
 - Treatments and Follow up
 - Incentives and Rewards
 - Supportive Workplace Environment
- Wellness Program Sustainability Strategies and Measures
- Evaluation
- Leveling UP

METHODOLOGIES AND DELIVERABLES

- **Wellness Program Interest Survey:**
 - Health History online or pre-printed form
 - Wellness Program Interest Survey printed form
- **Group Education:** Thematic 6 months bi-monthly 2 hrs seminars, lectures and classes are offered on a variety of health promotion, weight awareness, healthy lifestyle changes, food choices, cooking tips, nutrition per health concern, aerobics exercises, physical fitness articles, disease prevention topics, and positive psychology.
- **Health Communications:** Take home soft copy of healthy recipe with nutrient information, posters, and flyers to be sent

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to employees' email or can be printed to be delivered at employee's desk twice a month.

- **Environmental Support:** Incentives such as company wellness program t-shirts, health books, healthy meals coupons, etc. are offered to the Wellness Team Leader and to employees for completing the group objectives.

EVALUATION METHODS:

- **Screening Assessment:** Number of Employees completing the Health Risk Assessment
- **Group Education:** monitored regularly
 - Questionnaires maybe voluntary or required to be answered and to be collected for evaluation.
 - Classes are documented for evaluation.
 - Short Evaluation Sheet filled up by participating employees per clustered topics are collected.
- **Health Communication:** The volume of nutrition education materials to be distributed are monitored. Monthly employees' short surveys are conducted to assess changes in nutrition knowledge, dietary behavior and stress management.
- **Environmental Support:** Records of those to earn the "Bonus Benefit" and informal feedback are requested from the employees.

We co-create your Corporate Wellness Program ensuring success, based on the needs and interest of your people.

We are your Total Corporate Wellness Program Provider. From healthy eating, stress management, time management, physical activities, and other self care for disease prevention are considered in co-designing your Corporate Wellness Program. Disease management and health risk assessments are among other packages we offer. Soup of the Day – Corporate Wellness Program is all about facilitation of reclaiming and owning responsibilities to own wellness, we have the expertise, the tools and resources to unleash everyone's capacity to be his own health coach.

"Research time and time again confirms the benefits of healthier, fitter employees. They have fewer long-term medical claims, they are absent less, their disability cost are lower, and their personal productivity and job/life satisfaction levels are higher"

Peter Soderberg, President Johnson Johnson HMI

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Corporate Wellness Program Solution



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OUR PROPOSAL

CO-CREATION AND CO-MANAGEMENT, CORPORATE WELLNESS PROGRAM:

Nature of Engagement: Project Management

Scope of Engagement: Corporate Wellness Program Seminar and Workshop

- **8 hrs Seminars for Integrative Corporate Wellness Framework:**
 - ✓ What to know about Corporate Wellness Program
 - ✓ Implementation Methodologies and Empowering Strategies
 - ✓ Launching, Monitoring and Evaluating Work Place Wellness Program
 - ✓ Learning Tools to address areas of concerns
 - ✓ Sustainability as Measure of Success
- **8 hrs Integrative Corporate Wellness Planning Session**

Facilitation:

 - ✓ Deciding who your program is for
 - ✓ Deciding what health issues and behaviors your program will address
 - ✓ Creating a Program for your employees' Integrative Optimum Well-Being
 - ✓ Health Screenings, Needs and Interest Assessment
 - ✓ Health Education, Information, and Self-Help Tools
 - ✓ Activity Organizing

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- ✓ Treatments and Follow up
- ✓ Incentives and Rewards
- ✓ Supportive Workplace Environment
- ✓ Wellness Program Sustainability
- ✓ Strategies and Measures
- ✓ Evaluation
- ✓ Leveling UP
- 8 hrs Facilitation - Presentation and Approval of the Integrative Corporate Wellness Program by the Wellness Committee

Program Duration: Six (6) months

Planning, Design/Strategies, Budgeting

(to be discussed with the Wellness Committee; two months or less recommended with 24 hrs wellness consultant's man hour)

Project Launching, Implementation, Evaluation

(six months period minimum recommended with 96 hrs wellness consultant's man hours subject to the approval of the Wellness Committee)

Investment : Project Management Fee & Manner of Payment

- **1st Fold - Seminars on the Framework, Facilitation for the Planning, Budgeting and Final Corporate Wellness Program Approval**
 - ✓ Email us at integrativewellness@yahoo.com
 - ✓ Payable upon acceptance of Proposal
- **2nd Fold – Co-Implementation Management**
 - ✓ For evaluation depending on the requirement, number of employees, activities, consultant's man hours
 - ✓ Fifty Percent (50%) down payment upon acceptance of proposal, 20% payable on the 5th of the 2nd month, 20% payable on the 4th month, 10% payable on the 6th month of the period of engagement.
- Consultant's meals, transportation and hotel accommodation and other related expenses are for the account of the client.
- Corporate Wellness Program budgeted activities is for the account of the client.



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