


# ALLONE *Wellness*



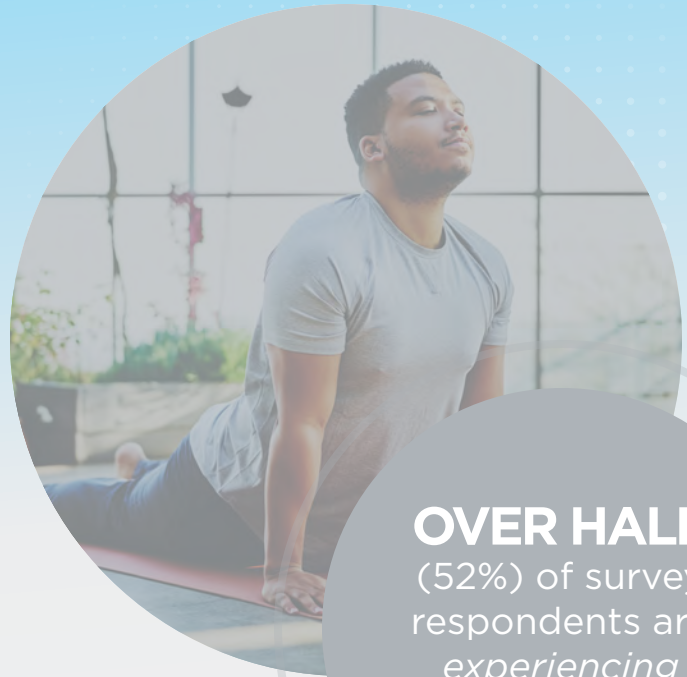
Wellness by  
AllOne Health is the  
**total package solution**,  
offering a powerful  
combination of mental  
and physical health  
support built for all.

# IT'S TIME TO TRANSFORM

In the face of new challenges, it's time for new solutions. Now more than ever, leaders are looking for healthy ways forward to help their teams **manage stress, build resilience and feel more engaged.**

That's why AllOne Health is taking a transformative approach to wellness, with a full spectrum of solutions built for what matters most, now:

- » **Beat burnout** across all industries
- » Increase retention and **prevent the "big quit"**
- » **Ease hiring** challenges
- » Offer stigma-free, **enhanced mental health support**
- » **Engage remote** and hybrid teams
- » Foster **resilience**
- » Be Inclusive with a program **built for all**



**OVER HALF**  
(52%) of survey respondents are experiencing burnout.

[source: forbes.com]

## SOLUTIONS FOR ANY BUDGET

There is no "one-size-fits-all" approach when it comes to wellness. Your business is unique, in terms of your culture, demographics, environment, resources and staffing—and your wellness program should be too.

Our goal is to walk beside you on the journey and make wellness an exceptional benefit and driver for community, culture, connection and retention. No matter the size or budget of your organization, **we have the right pricing option for you:**

### A YEAR OF WELLNESS

Live and on-demand webinars featuring the most relevant topic each month.

### WELLNESS PARTNERSHIP

ULTIMATE program flexibility for an entire year of wellness.

### WELLNESS COACHING

Confidential guidance & support with credentialed coaches.

# A YEAR OF WELLNESS

Let us take the guesswork out of your monthly webinars by presenting **expert content and interactive discussions** on the most relevant wellness topics available.

Employees can access a live webinar session each month, as well as the recording and educational material to reference throughout the year.

The Year of Wellness also includes exclusive access to our new wellness resources, on-demand workouts & quick tip clips on the member portal. This base-level package is a great option for organizations just getting started with wellness or for those who want the consistency and expertise of popular webinar topics.

ENJOY 12  
WELLNESS  
WEBINARS  
to plug into for the  
entire year.

- » **JANUARY**  
*The Plant Based Starter Guide*
- » **FEBRUARY**  
*How to Quit Quitting*
- » **MARCH**  
*Creative Cooking Techniques*
- » **APRIL**  
*Active Aging*
- » **MAY**  
*Game on! Fitness Tech*
- » **JUNE**  
*Food Marketing at Home*
- » **JULY**  
*Developing a Strong Mindset*
- » **AUGUST**  
*Lifting Weights for Weight Loss*
- » **SEPTEMBER**  
*The Truth Behind Carbohydrates*
- » **OCTOBER**  
*Crucial Conversations*
- » **NOVEMBER**  
*Reading Food Labels:  
the good, the bad, the untruth*
- » **DECEMBER**  
*Power of Breathwork*

# WELLNESS PARTNERSHIP

Enjoy a customized wellness program that gives you the ultimate flexibility and programming for an entire year of wellness!

**We'll put in all the work (behind the scenes)** and help you deliver a comprehensive, fully customized wellness program.

## COMPANY A

Purchased **50** total hours

*Breakdown:*

- » **16 Hours** - Wellness Consulting
- » **24 Hours** - Wellness Courses (2)
- » **10 Hours** - Wellness Challenge (1)

## COMPANY B

Purchased **120** total hours

*Breakdown:*

- » **20 Hours** - Wellness Consulting
- » **36 Hours** - Virtual Focus Groups & Wellness Surveys
- » **40 Hours** - Wellness Challenges (4)
- » **24 Hours** - Virtual Cooking Demos (12)

**MIX AND  
MATCH**  
any of the following  
services to best  
meet your goals!

- » Wellness Webinars/Workshops
- » Wellness Consulting
- » Wellness Challenges
- » Wellness Courses
- » Special Events

**Wellness coaching integration is available for AllOne Health EAP clients for an incremental PEPM fee.**



# SPECIAL EVENTS

Wellness is not a one-size-fits-all solution. Allow our team to work with your organization to bring **creative and fun solutions** to the table! Special Events are a great way to build your company culture while taking advantage of our customized offerings.

## NUTRITION WORKSHOPS

Join our nutrition experts for an interactive and educational food demonstration. With a variety of different topics to choose from, participants will learn how to prepare delicious new recipes and leave inspired with their personal nutrition goals. Each session can be customized to the unique culture of your organization and includes featured recipe cards.

## POP-UP STRETCHES

Do you find that you are reaching for a fresh cup of coffee mid-day to keep your focus? Maybe you experience neck and back stiffness or pain on a regular basis. Mid-day movement can help both! These live, virtual sessions will offer breathwork and movement that can be done at your worksite to get the blood flowing, reset your nervous system, and give you a boost of energy to power you through the homestretch of your workday.

## FITNESS CLASSES

Join our certified fitness instructors for a virtual workout! Offerings include Yoga, Strength, Core, Cardio Blast, and Dance Fitness. Classes are energetic and full of cues to keep the participant safe and working. Fitness mats and water bottles are encouraged!

## DAY OF WELLNESS COACHING

Whether you are looking to increase engagement in your current wellness coaching offering or you would like to offer mini wellness coaching sessions, this is a great opportunity to offer a high-impact opportunity to work on healthy lifestyle changes. Participants can work on improvising fitness plans, tobacco cessation, or some other form of self-care. 20-minute coaching sessions give them an opportunity to have a focused meeting of clarifying goals and strategies for improvement.

## MONTHLY CONTENT

Reach your employees monthly with customized and relevant content that can be used for newsletters, social media posts, intranet posts, and more! Allow our team to do the research, writing, and customization for you while keeping your employees informed!



# WELLNESS COURSES

Sometimes, we need **a little more support and accountability** than just one workshop.

Give your employees a structured course offering that reinforces learning from week to week and builds new content and goal setting over time. Each of our wellness courses includes **six (6) virtual facilitated group coaching sessions**, offered at the same time and day each week for consistency. We recommend weekly sessions for continued reinforcement and learning, while our weight management course is offered every other week to extend over 12 weeks and support sustainable results. Our wellness courses include ongoing support and accountability to the same personal facilitator, while giving participants access to our wellness app for social support, tracking, and all educational material.

*Courses are limited to 20 participants per session to keep each course highly personalized.*

Choose from  
any of the  
following  
**6-WEEK  
COURSE  
TOPICS**

## WEIGH BEYOND

Weigh Beyond is our brand-new weight loss course that focuses on holistic and realistic habit formation. Weigh Beyond doesn't "tell" you what you should eat. Instead, it helps you learn what you should eat and WHY. Once you have that knowledge, you will be in full control over the food choices you make. Course topics include developing a strong mindset, mindful nutrition, sleep, coping strategies, food marketing, soulmate workouts, and more!

## BE CALM

Many of us are feeling the stress of burnout and have been forced to pivot how we work, where we work, and the world in which we work. It's overwhelming and often, paralyzing. We may be prioritizing our work over our mental well-being or setting unhealthy expectations of ourselves or those around us. This course will teach the most effective skills for developing resiliency, practicing self-care, and navigating the complexity of work-life demands.

## CULINARY DESIGN

Have you always had the good intention of planning and prepping your meal, but have repeatedly found that it just doesn't happen for you for one reason or another? We can help! Culinary Design is a workgroup aimed at helping members develop the skill needed for meal planning and preparation. This course is taught by a dietitian to help facilitate new ideas, share a variety of techniques, and coach through meal planning and preparation barriers. Ultimately, each member will leave with a plan in place, a grocery list, and new ideas to stay inspired with healthy eating!

# WELLNESS COURSES (CONTINUED)

## LEADERSHIP TRAINING

Success is not a destination. It is a process—a lifelong strategy of building on strengths, minimizing weaknesses, and focusing on the people and points of life that are most important. In this course, we'll help you understand the keys you need to build leadership for life. Whether you are a civil servant or a corporate executive, you will achieve great things by understanding four very important success-building areas: Relationships, Equipping, Attitude, and Leadership.

## COMMUNICATIONS COURSE

If you want to succeed, you must learn how to connect with people. And while it may seem like some folks are just born with it, the fact is anyone can learn how to make every communication an opportunity for a powerful connection. The ability to connect with others is a major determining factor in reaching your full potential. It's no secret! Connecting is a skill you can learn and apply in your personal, professional, and family relationships—and you can start now by taking this course.

## DESIGNED TO MOVE

We were not born to stay in one position all the time. The re-occurring question is, how do we move more when our workspaces are NOT designed for our bodies to move? This course explores the benefits of flexibility, mobility, strength training, and cardiorespiratory endurance on physical health. Let's empower employees to engage in more physical activity (at home and in the workplace), discover how to safely progress their strength training and optimize performance and productivity at the workplace!

## NOURISH

Developing a healthy relationship with food starts with developing a healthy relationship with self. Food can be our best friend, our biggest void, or our worst vice and it's something we need to learn how to live with. Nourish takes employees through the craze of fad diets and rebuilds a healthy relationship with food. Nourish builds the foundation of what nutrients our bodies need to prevent disease and teaches us how to listen to our bodies. There is no “one-size-fits-all” diet but there are fundamentals we can all build on. Enjoy practical tips for meal planning, food marketing, making healthy food taste good, curbing cravings, building immunity, and building energy for the long haul!



# WELLNESS CHALLENGES

There is nothing wrong with a little healthy competition! Studies show that competition may be a far better motivator for exercise than social support. But our wellness challenges focus on more than just physical fitness.

Choose from any of our **30 days or less** holistic wellness challenges, including purposeful content on financial health, nutrition, self-care, weight loss, gratitude, community, and team-building. Each challenge includes **customized promotional flyers, registration forms, data management, and fillable PDF trackers.**

## CLEAN EATING CHALLENGE

We live in a constant state of “hurry sickness”. We consume massive amounts of caffeine to speed us up, eat fast foods to save time, work while eating to stay productive, but we never catch up. It is possible to shift these behaviors. Join us for 30-days of eating clean, real foods. This challenge will teach you how to slow down here and now. After all, health and happiness begin with slowing down enough to enjoy every moment of your life.

## REFLECTION CHALLENGE

More than ever, reflection is a valuable tool in life to sort and process different situations and transitions – whether at work or home. This challenge provides daily prompts in a fillable electronic journal as an aid to help you reflect, increase awareness, and build appreciation during a 4-week period. The experiences you write about are personal and meant only for you, but the challenge allows for accountability in the form of a brief weekly reflection submission.

## FIVE ALIVE CHALLENGE

From a decreased risk of cancer to more youthful skin to a healthier heart, there are significant benefits of eating five or more servings of fruits and veggies each day. The Five Alive Challenge invites you to eat 140 servings of fruits and vegetables in 28 days (5 per day). You will receive supportive, educational and motivational emails each week. Join us for this upcoming challenge!

## AIR 1,000 CHALLENGE

The Air 1,000 Challenge invites you to exercise outside for 1,000 minutes in 30 days. You can do any exercise you want, if it is outside. Go for a run. Take a walk. Mow the lawn. Work in your garden. Wash your car. Meditate on your patio. Just do something active outdoors and enjoy the fresh air and natural blue light sure to improve your immune functioning, sleep quality and mood!

## GRATITUDE CHALLENGE

Gratitude has a huge impact on our attitude and outlook. It is a great way to cultivate happiness in our everyday lives. Throughout this challenge, we will work to bring gratitude to the forefront of our mind and find benefits of improved mood, energy, and outlook!





# WELLNESS CHALLENGES (CONTINUED)

## HEALTHY HOLIDAY HABITS

Maintaining your physical health during the holiday season can be challenging, and maintaining your emotional health can be even more difficult. Between busy schedules, financial stresses, challenging conversations, and the normal stressors of everyday life, it is important to work to stay grounded as we close out the year. The Healthy Holiday Habits challenge empowers you to take control of your healthy eating, physical activity, and overall health so you can enter the new year mentally and physically better!

## GET MOVING CHALLENGE

In this movement-based challenge, you have the freedom to move (and earn points for movement) in any way you want! Whether you are doing work outdoors or exercising on your favorite fitness app, your moving minutes count as points in the challenge. Earn a maximum number of points per day for cardio, strength, and flexibility exercises, with a bonus point when your team members hit all three in a given day!

## DROP 10 WITH A FRIEND

We invite you to join our 28-Day Wellness Challenge, Drop 10 With a Friend. This challenge encourages you to buddy up with one coworker and collectively lose 10 lbs. as a team. It's easy to participate and easier to lose weight when you have the extra accountability, motivation and expert education from our partners at AllOne Health. Plus, all teams of 2 who lose 10 pounds or more will be entered to win an exciting prize!

## EMPOWERMENT CHALLENGE

Life can be hard sometimes, and things can often feel chaotic and out of control. Although we might not be able to control everything, we have the opportunity to control our actions and our attitude towards each situation. Our Empowerment challenge aims to assist in taking intentional steps each day to do something for YOURSELF! These actions help to boost motivation, energy, and attitude!

## BINGO CHALLENGE

Devote time to your health this month by joining us for the BINGO Challenge! Participants will receive a new BINGO board each week containing 16 total activities to choose from. Each activity encourages you to practice a healthy habit such as self-care, nutrition, movement, and more!

## WALKING CHALLENGE

Improve your physical and mental health with a little friendly competition. In this challenge, teams of 3-4 work together to take 10,000+ steps per person, per day! With a little accountability and encouragement from your team and the challenge, you will have the opportunity to discover new ways to add movement to your day and reap the benefits of it!



# WELLNESS COACHING

Coaching can be impactful and easily implemented. Just like EAP counseling, an employee, family member or household member can get the wellness support they are seeking when they need it, when they are ready to make a healthy change or if they simply need guidance. They'll be assigned to a credentialed wellness coach who can assist with issues ranging from weight management, stress reduction, managing a new diagnosis, workout advice and more.

The coaching is non-incentivized, based on voluntary outreach at the right time for the employee in a **convenient, telephonic or virtual setting**.

Confidential  
**GUIDANCE  
& SUPPORT**  
with Credentialed  
Coaches

- » Trusted, Confidential Coaching Support
- » One Number to Contact
- » Credentialed Wellness Coaches
- » Convenient Virtual or Telephonic Options