

Independence Blue Cross

Guide to using Well-being Vendors for Onsite Services

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GUIDE TO USING WELL-BEING VENDORS FOR ONSITE SERVICES

VENDOR CONTACT INFORMATION

The vendors listed in this resource guide all contract directly with Independence to provide approved well-being services.

VENDOR SELECTION CHECKLIST

Selecting a vendor to fit your needs can be a challenge if you have never done it before. Vendors should be able to guide you effectively in this process. Based on our years of working with many vendors, we have compiled a checklist of questions to ask vendors when deciding which vendor is best suited to meet your needs.

- What services do you offer?
- How much time is required to plan a successful event with adequate participation?
- Do you provide an online appointment scheduler? If not, how are walk-ins handled?
- Will you expect a final headcount or a guaranteed minimum number of participants? Are there penalties for adjusting the final headcount?
- What are the qualifications of the personnel and/or technicians that will be staffing the event?
- Will aggregate reporting be provided afterwards?
- What are the spacing and/or logistical requirements? Are privacy screens included with the cost?
- What is the pricing structure? Are there minimum requirements and/or additional costs? What is the cancellation policy?
- Do you require a signed agreement?

REQUEST AN ESTIMATE

We recommend that you contact vendors to request an estimate on services. Pricing structure differs from vendor to vendor and other miscellaneous costs may apply depending on the details of your event and the vendor you select. Additional fees may include:

- Minimum participation requirements
- Additional tech fees
- Hourly rates or minimum hour requirements
- Hazardous material removal
- Travel fees
- Set-up/break-down fees
- Online scheduling fee

Areufit Health Services, Inc.

The Farmhouse at 1390 Birmingham Rd
West Chester, PA 19382
Phone: 610 993-9123 Fax: 610 993-9125
www.areufithealthservices.com

Serving clients in Philadelphia and surrounding counties, Lancaster County, NJ & DE

Who we are

With 25+ years of experience, **AREUFIT Health Services** has been at the forefront of worksite health promotion and wellness programming long before “wellness” became a buzz word. AREUFIT is founded on the principle of building and maintaining long term relationships and providing outstanding customer service. We strongly believe that the achievement of these goals is dependent upon the excellence of our employees and the supportive environment that AREUFIT provides its customer base. We provide services to organizations of all sizes, industries and budgets. Be loyal, buy local is not just for produce anymore. AREUFIT is committed to supporting local businesses!

Our eligible services

- Biometrics (Fasting & Non-Fasting)
- Blood Pressure
- Body Composition, Height Weight & BMI
- Vision
- Hearing
- Osteoporosis
- Pulmonary Function
- Seated Chair Massage
- DermaScan
- Fatal Vision and more
- Full Cycle Management of Health Screenings Vehicles
- Health Education

Primary Contact:

Jeannine L. Stuart, PhD
jstuart@areufithealthservices.com

Secondary Contact:

Alysha Naples
anaples@areufithealthservices.com

We specialize in

Biometric & General Health Screenings

Corporate Touch

Hands-on Stress Solutions

101 Lore Ave

Wilmington, DE 19809

www.corporatetouch.com

Serving clients in the Delaware Valley & Nationwide

Who we are

Corporate Touch provides wellness services for understanding and combatting stress. We show that the affects of stress can be practically ameliorated thru services in the workplace. With expert help and increased awareness, workplace wellness strategies for decreasing stress can be effective and long lasting.

Our eligible services

- Chair Massage
- Reflexology stations
- Hand massage stations
- Stress Management
 - ✓ Lecture format stress management strategies, covering mindfulness, exercise, nutrition, sleep, coping hacks
- Nutritional demonstrations
 - ✓ Nutritional samples, recipes and advice for healthy choices in a health fair format

Primary Contact:

Tyler Watson

tyler@corporatetouch.com

215 765-8461

Secondary Contact:

Roberta O'Neill

roberta@corporatetouch.com

215 205-2134

We specialize in

Chair Massage Packages

Do It Better Wellness, LLC

1119 Pine St., Suite 101

Philadelphia, PA 19107

www.doitbetterwellness.com

serving clients in PA, NJ, and DE

Who we are

Do It Better Wellness™ brings wellbeing and professional development services to your workforce. We partner with employers to grow employee engagement in living a healthy lifestyle, while helping employees to reach their personal wellness goals and continuously strive to do better!

Contact:

Rafael Perez

rafael@doitbetterwellness.com

Phone: 215 391-3789

Our eligible services

Fitness Activities Without Equipment for Everyone

- Do It Better Games™ Series
- Interval Training
- Yoga. Chair Yoga.
- Zumba® and All Variations
- Self-Defense
- Martial Arts Bases Fitness Training
- Tai Chi
- Seniors Muscle Toning & Aerobics

Nutrition & Health

- Healthy Cooking: Learn, Practice
- Food & Mood Connection
- Aging Healthy at All Decades
- Shopping Smarter: Nutrition Panels
- Food Allergies vs. Food Intolerances
- Nutrition for Endurance Challenges
- Food Modification/Healthy Twists
- Chronic Illness & Good Food
- Weight Management, The Real Deal
- Back to School: Family Nutrition
- Know your Numbers: The Essentials

Wellness Fairs

- Fully Staffed, Traditional & Holistic
- Food & Mood Connection

Mental & Emotional Endurance

- Mindfulness Meditation
- Stretching & Relaxation
- Art & Wellness Series
- Aromatherapy & Wellness
- Music, Sound, Dance Wellness
- Positivity: Meeting Happiness™
- Sleep Aid Without Medication
- Energies & Work/Life Balance
- Financial Well-Being

Body Care, Injury Prevention and Work Environment

- Posture & Wellness
- Ergonomics Consulting/Education
- Biophilics: A Great Place to Work
- Chair Massage
- Body Mechanics & Movement

We specialize in

**Managing Energies, Health Games
& Positivity**

Health Fitness Connections

formerly Fit Essentials

93 Old York Road Suite 1-732

Jenkintown, PA 19046

Phone: 888 406-8388 Fax: 267 386-1158

www.healthfitnessconnections.com

serving clients in Philadelphia, Montgomery, Bucks, Delaware & Chester Counties. NJ & Delaware

Who we are

Health Fitness Connections, LLC (formally Fit Essentials Inc.), founded in 2003, is a fitness company specializing in the delivery of on-site fitness, nutrition and health programs.

Primary Contact:

Donald Baxter

dbaxter@healthfitnessconnections.com

Phone: 267 235-8789

Our eligible services

Employee Team Lean Weight Loss & Fitness Challenge Includes:

- On-site Weekly Weigh Ins
- On-site Nutrition Counseling
- On-site Personal Training/Fitness Coaching
- Online Exercise Videos
- On-site Fitness Demonstration/Classes
- Fitness Activity Tracking
- Online Leaderboards
- Fitbits*

FitWorks (Employee Fitness and Nutrition Program) Includes:

- On-site Nutrition Counseling
- On-site Personal Training/Fitness Coaching
- Online Exercise Videos
- On-site Fitness Demonstration/Classes
- Fitness Activity Tracking
- Fitbits*

There is a 10 person minimum sign up requirement for challenges. Participants must have Independence medical coverage.

* Use your to purchase Fitbits directly from us for your employees who are participating in our challenges.

Additional Services and Products include:

- On-site Nutrition Counseling
- Fitness/Exercise Demonstrations
- Stretching Demonstrations
- Exercise Classes
- Fitbit Trackers

We specialize in

Weight Loss & Fitness Challenges

Maxim Health Systems

7221 Lee DeForest Dr

Columbia, MD 21046

www.maximhealthcare.com

serving clients Nationwide

Who we are

Maxim Health Systems provides on-site flu immunization and wellness services to corporate, retail, and medical facility locations throughout the nation.

Our eligible services

- Blood Pressure
- Body Composition/BMI Analysis
- Glucose
- Hemoglobin A1c
- Cotinine
- Visual Acuity
- Height/Weight
- Waist Circumference & Hip/Waist Ratio
- Total Cholesterol (TC)*
- TC & Glucose
- TC & HDL
- TC, HDL & Glucose
- Lipid Panel
- Lipid Panel & Glucose

*All Cholesterol Panels can include Blood Pressure, BMI, Body Fat %, Height & Weight, Waist Circumference for no additional fee.

Primary Contact:

Steven Sweeney, Program Manager
stsweene@maxhealth.com

Phone: 330 396-5205 Fax: 877 306-5205

Secondary Contact:

Brook James, Sr. Program Manager
bjames@maxhealth.com

Phone: 844 845-2129 Fax: 443 860-4487

- Patient Service Center (Lab Option) Full Lipid & Glucose
- Patient Service Center (Lab Option) Full Lipid, Glucose, Blood Pressure, BMI, Height & Weight
- Physician Upload Form, Full Lipid, Glucose, Blood Pressure, BMI, Height & Weight
- Home Self-Test Kit, Full Lipid Profile & Glucose
 - ✓ Online Wellness Platform is required for each of the options above.
 - ✓ 30 day advance notice required for all events.
 - ✓ The use of tablets at an on-site event requires 75 days' notice.
 - ✓ Set up, licensing, reporting and registration fees may also apply.

We specialize in

Biometric Screenings

Onsite Health Diagnostics, LLC

1199 S. Belt Line Road, Suite 120

Coppell, Texas 75019

www.onsitehealthdiagnostics.com

serving clients Nationwide

Who we are

Onsite Health Diagnostics, LLC (“OHD”), is unique in the marketplace by virtue of its exclusive focus on health screening and data analytics associated with population health. OHD has been in business for over 15 years. Client industries and sizes are widely varied and include public entities and municipalities, healthcare service providers, financial companies, manufacturers, retailers and oil and gas companies. We have over 50 dedicated team leaders throughout the United States, have access to over 10,000 medical technicians but utilize a core team of 1,900 annually. As a testament to our ability to execute well and lead the industry, OHD has been recognized as one of the 500 fastest growing companies in America and #34 in healthcare, specifically.

Primary Contact:

Glenn Young

gyoung@onsitehd.com

Phone: 972 823-1603 Fax: 972 573-5929

Secondary Contact:

Dane Butters

dbutters@onsitehd.com

Phone: 972 823-1623 / Fax: 972 573-5929

Our eligible services

- Biometrics
- Outcomes Based Incentive Management
- Workforce Health Analytics
- Independent Auditors of Wellness Progress
- Employee Health Intelligence

We specialize in
Biometric Screenings

Prasada

200 N. Wynnewood Ave A323

Wynnewood PA 19096

www.prasadawholebeing.com

Phone: 844 772-7232

Serving clients in the Delaware Valley

Who we are

We deliver corporate wellness programs onsite. These workshops and classes help participants manage stress and find whole being through yoga and mindfulness. We inspire participants and provide simple strategies that can be used throughout the work day.

Our eligible services

Yoga programs

- A variety of 15 – 60 minute classes.

Mindfulness Programs

- A variety of 15 – 60 minute programs.
- A multi-week Mindfulness Stress Management Program.

Wellness Workshops

- 30 – 60 minute interactive workshops on different topics related to Stress, Energy, Yoga, Mindfulness, Moving, The Brain, and Feeling Younger and Good Posture

Chair Massage

- Onsite Chair Massage

Primary Contact:

Alice Domert

alice@prasadawholebeing.com

Secondary Contact:

Stacy Hines

stacy@prasadawholebeing.com

We specialize in

**Yoga and a variety of different
programs to manage stress**

Waking Wellness

238 Goshen Rd
Schwenksville, PA 19473
www.wakingwellness.net

serving clients in the Philadelphia, Montgomery, Berks and Bucks Counties

Who we are

Waking Wellness is an integrative wellness practice designed to serve as a change agent to a better quality of mind, mood and matter through a collaborative, educational and empowering partnership. Our mission is to help communities and organizations thrive by encouraging self-aware, self-mastering, healthy, individuals that purposefully enhance their environment and each other! Through the empirically validated approach of Mindfulness we spark personal possibilities and organizational cohesiveness via workshops, series, consultation and program development. If you are looking to bring the benefits of a mindful approach to living to your business, school or community, we absolutely love partnering on such endeavors!

Primary Contact:
Rachelle Bevilacqua
rachelle@wakingwellness.net
Phone: 215 500-0397

Our eligible services

40 minute experiential workshop:

- Interactive Session: A Mindful Experience
- Mindfulness Meditation

One hour educational seminars:

- Mindfulness Stress Reduction at Work: An Introduction to Mindful Living
- Build your Stress Resilience
- Desk Yoga for everyone

Six week Series:

- An Introduction to Mindful Living: Harnessing your Power and Potential

Ongoing:

- Yoga classes (all levels vinyasa)

We specialize in

**Mindfulness: Stress & Energy
Management**

Wellness Coaches

725 Skippack Pike Suite 300

Blue Bell, PA 19422

Phone: 866 894-1300

www.wellnesscoachesusa.com

serving clients Nationwide

Who we are

Wellness Coaches, is a provider of on-site coaching services. Our on-site coaches will help your employees to live healthier lives and achieve their lifestyle goals through the caring, personalized connections they will make with your entire employee population. We believe everyone wants to be as healthy and injury free as possible. We also know it is not easy for people to accomplish this on their own, and many can benefit from one-on-one, professional help and support along the way. We partner with employers to build customized on-site coaching strategies to motivate employee populations to improve their health, safety, and overall well-being. We also integrate our state-of-the-art technology capabilities to enhance employee connectivity to our coaches, and to extend the reach of our coaches to all off-site employees, spouses and dependents.

Our eligible services

Individual On-site Coaching Services

Our customized, personal, one-on-one coaching services include:

- Health & Wellness Coaching
- Nutrition Counseling
- Medical Nutrition Therapy
- Diabetes Education
- Safety & Injury Prevention

In addition, to further enhance connectivity to our on-site coaches, as well as to expand the reach of our on-site coach beyond the workplace, employees, spouses and dependents will have access to their coach via our technology coaching platform. One of the great benefits of using our platform is that the coaches providing the technology based coaching will also be your on-site coaches. Thus, employees will be interacting with someone who is embedded in the workplace with an appreciation and understanding of your workforce, culture and organization.

Group Coaching Sessions

Our on-site coaches are also available to deliver interactive group coaching sessions and workshops. Group sessions are available on a wide variety of engaging topics to meet each client's unique needs and objectives. Example topics include:

- General Nutrition
- Dietary Guidelines
- Holiday Eating
- Take Out Eating
- Gluten Free Diets
- Managing Diabetes
- Food Labels
- Sports Nutrition

Other On-site Services

Included in our coaching costs, additional services, tools and resources our coaches can provide, include:

- Wellness Coordinator Duties
- Blood Pressure Screens
- Body Composition Testing
- Health Promotion Programming
- Weight-loss Competitions
- Walking/Exercise Programs
- Corporate Challenges
- Stretch Programs
- Ergonomic Assessments
- CPR & First Aid Training
- Group Educational Sessions
- Fitness Center Classes or Training
- Safety Messaging & Education
- Injury Prevention Training
- Safety Programs
- Customized Seminars, Workshops, Presentations, Lunch & Learns

Primary Contact:

Gene McGuire

gmcguire@wcusa.com

Secondary Contact:

Maris Howe

mhowe@wcusa.com

We specialize in

**On-site Coaching Services,
Nutrition Counseling, Diabetes
Education, Safety & Injury Prevention**

Wellness Concepts, Inc.

291 Main Street Suite #12

Great Barrington, MA 01230

Phone: 413 591-6729 Fax: 212 202-4907

www.well-concepts.com

serving clients Nationwide

Who we are

Wellness Concepts' Mission is to create and administer practical, user-friendly wellness programs that educate and empower participants to make sustainable lifestyle choices using an interactive, structured approach to disease prevention, nutrition education and stress management.

Wellness Concepts delivers scalable, customized, turnkey solutions to create sustainable behavior change and positive health outcomes. Our programs are science-based and focus on nutrition as the catalyst to disease prevention and optimal health. We utilize a holistic approach to well-being and include an emphasis on exercise and stress management. Our sustainable, non-diet approach to food and nutrition education addresses the broad concerns of an increasingly well-informed public.

Our eligible services

- **Seminars:** Seminars are typically one (1) hour in duration, available onsite or via webinar and conducted by a qualified professional that specializes in the specific subject matter. Seminars are interactive and designed to present an informative, practical path to achieving optimal health.
 - ✓ Resource Materials: PowerPoint presentation, master education handouts and marketing materials.
 - ✓ Sample Topics Include: Mindful Eating, Inflammation Busters, Eating for Wellness, Eating on the Go, Women's Health, Diabetes and Your Diet, and more.
- **Cooking Classes:** Participants attend a live cooking demonstration and learn to cook seasonal foods healthfully. Classes are conducted by a Registered Dietitian and offer relevant nutrition information on the health benefits of the planned menu ingredients.
 - ✓ Menu selections are tailored to the preferences of the population.
 - ✓ Requirements: Designated room or screened-in area with 6- foot table near an electrical outlet. Cold cooking format is available upon request.
 - ✓ Resource Materials: Nutrition education materials, recipes, three menu selections
 - ✓ Sample Topics Include: Global Cooking, Shake it Up, Turn Your Comfort Foods Upside Down, Super Bowls, and more.
- **Personalized Nutrition counseling at work (status pending):** Our counseling program is designed to bring the expertise of a qualified Registered Dietitian to your employees! Consultations are available onsite, telephonically or via Telehealth using our HIPAA-compliant platform. Choose from 20, 30 or 1 hour nutrition counseling sessions to assess general wellness, chronic disease risk, maternal wellness and/or weight management.
 - ✓ For eligible Independence Blue Cross members only
- **Nutrition Awareness Stations:** Spice up your Health Fair or add some nutrition education to your company Cafe' with a Nutrition Awareness Station. Delivered in a flow format by a Registered Dietitian, Nutrition Awareness Stations combine nutrition education with food tasting and interactive, engaging activities.
 - ✓ Includes food samples, education materials, registered dietitian and marketing materials.
 - ✓ Sample Topics Include: Supermarket Savvy, Brown Bag Lunch, Eat this Not That, Shake it up, Strange and Healthy Foods

Primary Contact:

Amie Hoffman, President & Founder
amie@well-concepts.com

Secondary Contact:

Giselle Ginsberg,
Director of Business Development
giselle@well-concepts.com

We specialize in

Nutrition Services

West Health Advocate Solutions

3043 Walton Rd

Plymouth Meeting, PA 19462

www.healthadvocate.com

serving clients Nationwide

Who we are

West Health Advocate has been helping Americans navigate the complexity of the healthcare system for over 16 years. We offer a full range of clinical and administrative services as well as behavioral health and wellness programs.

Our eligible services

Biometric Screenings - An important first step toward improving the health of your employees and reducing healthcare costs. Serving organizations of any size, nationwide, we offer a broad selection of completely turnkey, customizable screenings.

West Health Advocate's onsite Biometric Screening Program lets employees know their risks for preventable diseases such as diabetes, hypertension, and heart disease—motivating them to take action... before they become costly health issues.

Screenings include:

- Blood Glucose
- Blood Pressure
- Cholesterol
- Body Composition/BMI
- Tobacco

The West Health Advocate Advantage:

- Convenient, online scheduler
- Complete suite of communication materials
- Project management and onsite coordination
- Available face-to-face consultation with a professional health educator at the screening event

Primary Contact:

Rich Prall

rprall@healthadvocate.com

267 261-8782

Secondary Contact:

Heidi Grey

hgrey@healthadvocate.com

610 397-7396

- Follow-up call to a **West Health Advocate Wellness Coach**
- Comprehensive reporting
- Improved health outcomes; close gaps in care, improve compliance, reduce costs
- Increased employee, member, and patient engagement
- Flexible and customizable array of services
- Can be fully integrated with wellness and incentive programs
- Available multilingual screeners and health educators
- Available as standalone or seamlessly integrated with **West Health Advocate** programs including clinical coaching for those identified with risk factors or chronic conditions

We specialize in

Biometric Screenings