

B.Komplete

Our purpose is to enable individuals and corporations to better manage health conditions and to achieve optimal wellness. We provide services tailored to meet the specific and the evolving health needs that face individuals within progressive corporations. We build value for our clients through the strength of our programs and by consistently producing superior results. We drive better health for populations, improve employee morale and productivity. Our work leads to lower corporate health care premiums, overall cost savings for our clients, and happier and more successful workforces.

Serving clients onsite in PA, NJ, DE, CT, NY, FL, TX, CA, MN, KS, and MA, and nationwide through virtual capabilities.

Primary contact: Beryl Krinsky, beryl@bkomplete.com, 215-764-9651

Website: www.bkomplete.com

Business certifications: Certified Women’s Business Enterprise (WBE)

Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Active		
Eating to Support Exercise	Category: Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Eating to Support Exercise, participants will learn more on foods to fuel them through a wide variety of exercise programs, healthy hydration, and how to plan an eating routine to best support physical activity goals. This station is suited for everyone from the elite athlete to the weekend warrior!	Onsite

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<p>Ergonomic Workstation Assessments</p>	<p>Category: Workstation Assessment</p> <p>Description: B.Komplete wants to help you design and arrange the best and most efficient workspace for your employees. Our innovative workstation ergonomic assessment will excite employees, while showing tools, techniques, and behaviors your employees can practice increasing awareness and workplace safety. Optimizing the ergonomics of your workstation will help increase productivity, decrease fatigue, and reduce work-related musculoskeletal issues. Our B.Komplete Exercise Specialists have years of experience and love working with corporate groups. Our provider will evaluate the ergonomics of each workstation on everything from standing to seating, keyboard and mouse placement, computer monitor location, breaks throughout the day, and more. They will work with your employees on improving safety, getting proper work tools, organizing effectively, and creating the perfect work environment in the workstation. Your employees will be less stressed, feel less muscle tension, work more efficiently, and love their optimized workspace. What to Expect: Each workstation assessment will be scheduled for a 15-minute block of time. Our provider will customize the experience for each participant, based on their workstation (office, factory, warehouse, etc.). Each participant will get actionable workstation updates, and a workstation ergonomic checklist and guide.</p>	<p>Both</p>
<p>Exercise for Everyone</p>	<p>Category: Wellness Awareness Station</p> <p>Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At the Exercise for Everyone station, participants will learn more about the variety of ways to practice physical activity, in an inclusive way. We review online and</p>	<p>Onsite</p>

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	onsite exercise options. We speak about how to overcome challenges and complications. And teach exercise that can be enjoyed throughout the lifespan.	
Fitness Solutions for Everyone	<p>Category: Seminar/Webinar</p> <p>Description: Roughly 55% of Americans are exercising 3 or more days per week, a significant increase over the past few years. However, that leaves 45% of us who are not.</p> <p>Researchers have found that physical activity frequency varies significantly by gender, age, race and socioeconomic status. Fitness is not a one-size-fits-all. In this all-inclusive seminar participants will learn fitness solutions that will work for them, with suggestions geared towards busy professionals and those with hectic and on-the-go schedules.</p>	Both
Functional Training Session	<p>Category: Physical Activity Session</p> <p>Description: Provide a healthy, fun, and social option for your employees with our physical activity happy hour! Our happy hour will take place at your company site or virtually and be led by a qualified personal trainer who is an expert in exercise and sport's science. This program may be set up as an individual 60-minute session or a series of on-going sessions. Our classes are led for all workplace environments: office, production, warehouse; and may be a chair or mat routine. Focus may be customized to best meet the needs of your culture and population. The in-person happy hour accommodates up to 30 attendees. Our Functional Training Programs are a series of exercises that help participants perform activities in everyday life more easily. Functional Training pairs well with Ergonomics education.</p>	Both
Nutrition for Exercise	<p>Category: Seminar/Webinar and/or Wellness Awareness Station</p> <p>Seminar/Webinar Description: "Sports Nutrition" applies to the elite athlete as well as the regular, active person. A solid sports nutrition plan can support training and improve performance, all while promoting health and wellness. Learning how eating right allows the body to adapt to training, helps recovery after exercise and attain peak performance. We will address the misconception</p>	<p>Seminar/Webinar- Both</p> <p>Wellness Awareness Station- Onsite</p>

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	<p>that “when a person exercises, they can eat whatever they want.” This seminar is perfect for those who are just starting a physical activity program, as well as for those who participant in aerobic and weight training activity, at moderate and vigorous intensity.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Nutrition for Exercise, participants will learn more on the composition of food and how protein, carbohydrate, and fat impact athletic performance. At this station participants will learn about nutrition supplements for exercise, and how to "decode" the nutrition label. Participants will learn how to fuel themselves properly to support their athletic goals.</p>	
On-the-Go Exercise Tools	<p>Category: Wellness Awareness Station</p> <p>Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our On-the-Go Exercise Tools, participants will get a chance to try out a variety of exercise tools (bands, hand grip, weighted ball, etc.), and learn how to use these accessible tools, anywhere. Participants will get a chance to try a few, simple seated exercises. Participants will learn about ways to exercise safely, in any environment.</p>	Onsite
Pilates Session	Category: Physical Activity Session	Both

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	<p>Description: Provide a healthy, fun, and social option for your employees with our physical activity happy hour! Our happy hour will take place at your company site or virtually and be led by a qualified exercise professional who is an expert in exercise and sport's science. This program may be set up as an individual 60-minute session or a series of on-going sessions. Our classes are led for all workplace environments: office, production, warehouse; and may be a chair or mat routine. Focus may be customized to best meet the needs of your culture and population. The in-person happy hour accommodates up to 30 attendees. At the Pilates Session, participants will learn the foundations of Pilates and practice a series of standing and floor exercises. We recommend that participants bring their own exercise mat, or large towel.</p>	
Physical Activity Wellness Challenge	<p>Category: Virtual Wellness Challenge</p> <p>Description: Wellness Challenge. We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology including an app is used for tracking progress toward all goals. At our Physical Activity Wellness Challenge, we include 5 key categories: strength, endurance, balance, flexibility and steps. Get moving with these interactive programs to help participants get and stay fit. Additional categories may be added (hydration, nutrition for exercise, etc.). Contact us for a demo.</p>	Online
The Most Common Fitness Mistakes Debunked	<p>Category: Seminar/Webinar</p> <p>Description: Have you started an exercise routine, yet not seeing the results you want? Or getting sidelined by strained muscles and other injuries? Feeling tempted to stop exercising because you don't enjoy the activities you are doing? Do not give up your fitness program just yet. Maybe the problem isn't the exercise itself but the way you're exercising. Exercisers (especially beginning exercisers) often make mistakes that keep them from getting the most from their workouts. In this seminar participants will learn how to avoid the most common exercise mistakes, and how to find a fitness program that fits.</p>	Both

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The Science of Exercise	<p>Category: Seminar/Webinar</p> <p>Description: Exercise is proven, unequivocally, to provide incredible health benefits for everyone who practices regularly. But why? In this eye-opening seminar learn what happens in your body and mind with exercise. We discuss physical and emotional changes with exercise, current research studies, and recommendations for health. We review the science behind motivation and reveal how to make exercise part of your lifestyle.</p>	Both
Understanding Ergonomics in the Workplace	<p>Category: Seminar/Webinar</p> <p>Description: With a focus on positive, can-do actions, this workshop teaches all types of employees (office, factory and traveling) how to leverage correct posture and movement to improve productivity, safety, and satisfaction in the workplace. We will define what ergonomics is, and how it can be used to help everyone, and explain how functional exercise training helps to improve strength and posture. We will review inexpensive/free options that everyone can incorporate into their daily routine. The workshop includes a self-assessment, movement guidance, education, interactive quizzes, and goal setting.</p>	Both
Yoga Session	<p>Category: Physical Activity Session</p> <p>Description: Provide a healthy, fun, and social option for your employees with our physical activity happy hour! Our happy hour will take place at your company site or virtually and be led by a qualified personal trainer who is an expert in exercise and sport's science. This program may be set up as an individual 60-minute session or a series of on-going sessions. Our classes are led for all workplace environments: office, production, warehouse; and may be a chair or mat routine. Focus may be customized to best meet the needs of your culture and population. The in-person happy hour accommodates up to 30 attendees. At the Yoga Session, participants will learn the foundations of Yoga and practice a series of standing and chair exercises. For more advanced participants, we can lead a floor series. For the floor series, we recommend participants to bring their own exercise mat or large towel.</p>	Both

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Be Nourished		
Ask a Dietitian Table	<p>Category: Ask a Dietitian Table</p> <p>Description: What is the best diet to follow? How much water should I be drinking? Is organic food healthier? These are just a few examples of the questions that our Registered Dietitian Nutritionists (RDN) can answer for your group. At our “Ask the Dietitian Table” our RDN’s will answer your nutrition, food, and health questions. This event is very inclusive and our RDN team is friendly and approachable. As this event is typically held in a public location (employee break room, cafeteria, or meeting room) personal health information should not be disclosed. Following the Ask the Dietitian Table, our group can follow up with private nutrition consultations, with all information kept confidential.</p>	Both
Breakfast Bites	<p>Category: Tasting Table</p> <p>Description: B.Komplete brings delicious healthy meals, snacks, and treats right to you! Whether your group is looking for healthy meal inspiration, a tasty treat, or a savory snack, our corporate tasting tables are a fun, unique, and affordable way to inspire your group to eat right. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. What to Expect: Up to 75 attendees will be invited to taste several of our better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. At our Breakfast Bites Table, participants will get to sample a couple of our delicious, BFY breakfast recipes. Participants will learn about how to successfully meal-prep for breakfast, and some BYF packaged options.</p>	Onsite
Breakfast On the Run	<p>Category: Cooking Demo/Cook-a-Long</p>	Both

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	<p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Breakfast on the Run Cooking Event, we teach participants how to create delicious, nutritious and quick breakfast recipes. We also teach how to meal-prep for breakfast. We showcase 3 nutritious and delicious recipes (Blueberry Pie Overnight Oats, Savory Egg Cups, and Chocolate Chia Pudding).</p>	
Cancer Awareness	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: Description: Participants will learn cancer history, get answers to common questions and more in this educational seminar. We provide reliable, science-based recommendations for cancer prevention and treatment. We will discuss how everyone can make a difference in the fight against cancer. This seminar is perfect to be scheduled in</p>	Seminar/Webinar-Both Wellness Awareness Station- Onsite

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	<p>September, Prostate Cancer Awareness Month and October, Breast Cancer Awareness Month.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Cancer Awareness Station, Participants get answers to common questions and more. We provide reliable, science-based recommendations for cancer prevention and treatment. We will discuss how everyone can make a difference in the fight against cancer. We will showcase items that can help protect you against cancer.</p>	
Cancer Awareness 2.0	<p>Category: Seminar/Webinar</p> <p>Description: With advances in science and medicine the death rate from cancer has declined, however the incidence of cancer remains flat. In our Cancer 2.0 seminar discuss the latest research around carcinogens and learn additional strategies to help protect yourself. We dive deeper into a variety of can-do-actions and encourage participants to design their “cancer prevention” action plan. This seminar is perfect to be scheduled after Cancer Awareness.</p>	Both
Chocolate Creations	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian</p>	Both

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	<p>Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Chocolate Creations Cooking Event we teach participants how to enjoy chocolate in a nutritious way! At this decadent event, we showcase 3 nutritious and delicious recipes (DIY sweet/savory chocolate vinaigrette served with salad, a tomato sauce/gravy using chocolate served with pasta, and Deep Chocolate Muffins).</p>	
Cooking for Everyone	<p>Category: Seminar/Webinar</p> <p>Description: From the novice to the well-seasoned home chef, this action-packed seminar will inspire anyone to get into the kitchen! This program teaches cooking methods and measures, kitchen tool usage, ingredient tips, decoding recipes, and how to get started. We will cover best practices for meals and snacks and add a bit on stocking your pantry and freezer. We all have to eat – let us show you how to prepare meals and snacks that you and your family will love.</p>	Both
Cooking for Health	<p>Category: Wellness Awareness Station</p> <p>Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-</p>	Onsite

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	<p>being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Cooking for Health Station, participants will learn about cooking methods and measures, kitchen tool usage, ingredient tips, decoding recipes, and how to get started. We will cover best practices for meals and snacks and teach a bit on stocking your pantry and freezer. We all have to eat – let us show you how to prepare meals and snacks that you and your family will love.</p>	
Customize Your Grains	<p>Category: Tasting Table</p> <p>Description: The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. What to Expect: Up to 75 attendees will be invited to taste several of our better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. In Customize Your Grains, participants will learn more about what a whole-grain is, what an ancient-grain is, and get a chance to try a whole-grain. Participants will learn about herbs and spices, and how to flavor your grains without the addition of salt/sugar.</p>	Onsite
Decoding Digestive Health	<p>Category: Seminar/Webinar</p> <p>Description: Like all complicated machinery your digestive system does not always run smoothly. Digestive disturbances impact over 700,000 people daily and range from heartburn to bowel issues to gallstones and disease like celiac and diverticulosis. In this eye-opening seminar we review the science behind what keeps a digestive system healthy and explain complications. We discuss the practical tips to keep your digestive system strong and how to maintain this through your lifetime.</p>	Both

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Develop Healthy Habits Challenge	<p>Category: Virtual Wellness Challenge</p> <p>Description: We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology is included and an app is used for tracking progress toward all goals. In our Healthy Habits Challenge, participants will select a habit each week of the challenge to focus on, and add one additional habit each week. Categories may be customized to best meet the needs of the participants. Contact us for a demo.</p>	Online
Diabetes Avoidance and Care	<p>Category: Seminar/Webinar and/or Wellness Awareness Station</p> <p>Seminar/Webinar Description: Currently in the U.S. there are roughly 30 million people living with diabetes, and another 86 million with pre-diabetes. When it comes to diabetes – knowledge is power. The more you know about diabetes, the better chance you will have to successfully prevent or successfully manage this chronic condition. In this seminar we cover defining diabetes, reasons for occurrence, myths & facts, types of diabetes, the signs & symptoms and how to manage. This seminar is perfect to be scheduled in November, Diabetes Awareness Month.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Diabetes Avoidance and Care Station participants will learn about how to manage blood sugar, learn more about serving size, discuss how to create a diabetes friendly meal-plan, and more.</p>	<p>Seminar/Webinar- Both</p> <p>Wellness Awareness Station- Onsite</p>
Diabetes Awareness 2.0	Category: Seminar/Webinar	Both

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	<p>Description: How does inflammation impact glycemic control? What is type-3 diabetes? What does your biological clock have to do with your HGA1C? Learn about these hot topics and more in our Diabetes 2.0 Seminar. We dive deeper into a variety of the specific concerns and answers around this disease and offer suggestions for prevention and care. This seminar is to be perfect to be scheduled after our Diabetes Avoidance and Care.</p>	
Eat Right for Life	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Eat Right for Life Cooking Event we teach how to nourish your body well throughout your lifetime. We showcase 3 nutritious and delicious recipes (DIY</p>	Both

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	sweet/savory vinaigrette over salad, Mediterranean Chicken, and Deep Chocolate Muffins).	
Eating on the Go- Work and Travel	<p>Category: Seminar/Webinar</p> <p>Description: Only one third of American workers take a lunch break, while 65% eat at their desks or don't eat at all. Business travel is commonplace, and with a hectic travel schedule, who has time to get enough sleep, let alone figure out how to find healthy food options? Each day roughly 1 in 4 Americans eat at least 1 meal at a fast-food restaurant. If you can identify with any of the previous points, this presentation is for you. Learn effective strategies on what to eat, where to eat, and how to plan, so that no matter how hectic life becomes - you have the right foods to fuel your body and power through your busy days.</p>	Both
Fact and Fiction Behind Nutrition	<p>Category: Seminar/Webinar</p> <p>Description: Have you ever gone on a diet - and gained the lost weight back? Do you use the internet to find out nutrition tips? Do you think the lowest weight is the healthiest weight? Learn the facts from the fiction in nutrition recommendations; from healthy weight loss and maintenance and eating and exercising at night, to ideal body weight, where to find accurate nutrition information, details on fat & protein, and the real deal in processed foods, and how to have your cake - and eat it too. This is your nutrition myth buster one-stop-shop.</p>	Both
FAD-Diets Debunked	<p>Category: Seminar/Webinar</p> <p>Description: You may be familiar with the saying, "if it's too good to be true, it probably is?" That saying must have been created with fad diets in mind. There are endless fad diets promising fast, simple, and effective weight loss, with minimal effort. Not only are fad diets ineffective for weight loss, but they can also be extremely dangerous. In this eye-opening seminar, participants will learn how to spot a fad diet, how to lose weight in a safe and effective way, and how to improve health sustainably.</p>	Both
Game Day Snacks	Category: Tasting Table	Onsite

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	<p>Description: The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. What to Expect: Up to 75 attendees will be invited to taste several of our better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. At Game-Day Snacks, participants will get to try our delicious DIY spice rub with popcorn, and a lightened up ranch dip. Participants will learn how to satisfy cravings in a nutritious way. We will teach more on how to create a balanced snack, and how to flavor your recipes with herbs and spices.</p>	
<p>Game-Day Solutions</p>	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a</p>	<p>Both</p>

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	<p>handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Game-Day Solutions Cooking Event we teach participants how to enjoy nutritious snacks that don't sacrifice flavor! We showcase 3 nutritious and delicious recipes (Ranch dip served with veggies, DIY spice rub (can be served over popcorn, cheese cubes, chicken and tofu), and Peanut Honey Brownies.</p>	
Gluten Free Goodness	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Gluten Free Goodness Cooking Event we teach how to prepare gluten free</p>	Both

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	<p>recipes that taste delicious and have impressive nutrition credentials. We showcase 3 nutritious and delicious recipes (Savory Blush Sauce, Sundried Tomato and Olive Focaccia, and Coconut Fruity Bites).</p>	
Grocery Store Chat	<p>Category: Grocery Store Chat</p> <p>Description: On average, 30,000 new products launch every year. It's impossible to keep up with the latest ingredient and nutrition technology. Leave the stress and join us for our virtual grocery store chats with nutrition guidance from a B.Komplete Registered Dietitian Nutritionist. We help you and your employees' shop for success at the grocery store (in-person or when ordering online) with our virtual grocery store chats. Webinar technology is used to facilitate the event.</p> <p>The sessions are fully customizable and include:</p> <ul style="list-style-type: none"> ● Guidance on how to save time and money when creating your grocery shopping list ● Review of food product categories and what will work for you ● "Deep dive" into up to 5 items which includes label and ingredient education and product usage recommendations ● The recommendations can be customized based on your healthcare and diet needs ● The session will last for 1 hour 	Online
Healthy Eating on the Go	<p>Category: Wellness Awareness Station</p> <p>Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Healthy Eating on the Go, participants will learn effective strategies on what to eat, where to eat, and how to plan, so that no matter how hectic life becomes - you have the right foods to fuel your body and power through your busy days.</p>	Onsite

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	We will showcase healthy meals and snacks, and teach how to pick the right items when life gets busy/during travel.	
	<p>Category: Wellness Awareness Station and Tasting Table</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Healthy Hydration Station, participants will learn how to pick a nutritious and delicious beverage when shopping, how to make your own hydrating beverages, and how to decode nutrition labels. We showcase beverages with hidden sugar, and teach participants how to pick something that is nutritious. We teach participants about electrolytes, and how to stay well-hydrated during exercise.</p> <p>Tasting Table Description: The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. What to Expect: Up to 75 attendees will be invited to taste several of our better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. At our Healthy Hydration Table, participants will get to try our delicious fruity water and hydrating salad. Participants will learn how to stay well-hydrated in a nutritious way. We will teach more on hydration and how to manage added sugar.</p>	
Healthy Hydration		Onsite
Heart Health	Category: Seminar/Webinar and/or Wellness Awareness Station	Seminar/Webinar- both

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	<p>Seminar/Webinar Description: Heart disease is the leading cause of death in both men and women in the United States. Participants learn how to help prevent heart disease by following healthy lifestyle choices and managing any existing health conditions. We provide recommendations on diet, weight, physical activity, alcohol, smoking and ways to manage stress as well as ways to control blood pressure. Participants will each set a SMART goal that they can follow to benefit their heart health. This seminar is perfect to be scheduled during February, Heart Health Month.</p> <p>Wellness Awareness Station Description: Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Heart Health Station, participants learn how to help prevent heart disease by following healthy lifestyle choices and managing any existing health conditions. We provide recommendations on diet, weight, physical activity, alcohol, smoking and ways to manage stress as well as ways to control blood pressure.</p>	Wellness Awareness Station- Onsite
Holiday Eating Strategies	<p>Category: Seminar/Webinar</p> <p>Description: Americans tend to gain 1 – 2 pounds during the holiday season. While that may not sound like a lot, those pounds become baggage as the cycle continues year after year. During this busy time of holiday shopping, parties and festivities, healthy eating and exercise are usually the first things to go. Stop the holiday weight gain cycle and learn how to “have your pie and eat it too.” In this seminar learn to make choices that work for your waistline as well as your holiday spirit.</p>	Both
Immunity Boosters	<p>Category: Seminar/Webinar</p>	Both

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	<p>Description: Arm your immune system with the power it needs to keep you healthy all year round. In this seminar we discuss the latest research into how the immune system functions and ways to lead a healthy lifestyle to benefit your system. We review exactly how diet, physical activity, age, stress and other factors impact your immune system. This seminar includes immune boosting trivia throughout the program and constructive goal setting on practical ways to boost up your immune system.</p>	
Know Your Numbers	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: How much do you know about your biometric numbers? These numbers can be the first clue that provides information about your health. Your numbers indicate risk factors for disease – now and the future. In this informative seminar participants learn the recommendations for: body mass index and waist circumference, cholesterol, triglycerides, glucose, and blood pressure. This seminar is perfect to be scheduled before or after a biometric screening event.</p> <p>Wellness Awareness Station Description: Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Know Your Numbers Station, participants learn the recommendations for: body mass index and waist circumference, cholesterol, triglycerides, glucose, and blood pressure. We teach ways to improve all health numbers, and maintain a healthy and balanced lifestyle.</p>	Seminar/Webinar- both Wellness Awareness Station: onsite
Intuitive Eating	Category: Seminar/Webinar	Both

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	<p>Description: Officially step away from “diet culture” and learn to embrace a positive relationship with food. This program challenges the way you may currently interact with food and exercise and create awareness of the emotions behind your choices. In this program we teach the philosophy of intuitive eating and how to empower yourself to trust your body and its signals. We discuss the differences between physical and emotional hunger, the ten key principles of intuitive eating, go-to strategies to get started and practice guided meditation.</p>	
Intuitive Eating 2.0	<p>Category: Seminar/Webinar</p> <p>Description: Our second step in officially stepping away from “diet culture” and learning to embrace a positive relationship with food. Intuitive Eating 2.0 further challenges the way you currently interact with food and exercise and creates awareness of the emotions behind your choices. In this program we teach you how to bring intuitive strategies into your day-to-day routine. We discuss challenges and setbacks and how to recover successfully. We help participants create their intuitive eating plan and find a deeper joy during mealtime.</p>	Both
Light + Lean Italian Cuisine	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation</p>	Both

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	<p>around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Light & Lean Italian Cuisine Cooking Event, we teach participants how to prepare popular Italian recipes in a lightened up way. We showcase 3 nutritious and delicious recipes (DIY Caesar Dressing with Salad, Skinny Alfredo with Pasta and Cannoli Dip).</p>	
Macro and Micronutrient Strategies	<p>Category: Seminar/Webinar</p> <p>Description: What are macro and micronutrients? How do these compounds relate to body weight, energy, growth, metabolism, and your health? Learn what, why, and how relating to carbohydrates, protein, and fat. Find out the correct balance of nutrients, to reduce your risk of weight gain and disease. Better understand the role of micronutrients in health, and the tips to get the right amount for your diet.</p>	Both
Maintaining Your Wellness Success	<p>Category: Seminar/Webinar</p> <p>Description: Picture this – your employees successfully complete a weight loss, fitness challenge, or resolve to 'improve health in the new year'. They are happy and motivated with their results and plans. BUT the excitement will wear off, and less healthy lifestyle behaviors may return. Help your employees maintain their wellness success through our actionable and realistic maintenance guidelines relating to nutrition, exercise, sleep, stress and more.</p>	Both
Making Sense of Metabolism	<p>Category: Seminar/Webinar</p> <p>Description: In this interactive presentation learn about the non-diet approach to healthy eating, well balanced snacking, and portion control, making the right choices, the importance of exercise, and how to improve your metabolism. We</p>	Both

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	will cover the facts behind revving up your metabolism and provide effective strategies. Bring your questions - this is the perfect time to learn the facts from the fiction regarding metabolism and weight loss.	
Meal Plans Explained	<p>Category: Seminar/Webinar</p> <p>Description: What is ‘clean eating?’ How do you identify the right serving size? And how much fiber should we be eating? In this interactive presentation learn the variety of options you can use to create a balanced meal-plan and what can be added to your plan. We will discuss online, application and paper options. We will review the 2020 – 2025 Dietary Guidelines for Americans and how that can relate to your plan.</p>	Both
Meal Prep + Mason Jar Magic	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration?</p>	Both

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	<p>Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Meal Prep + Mason Jar Cooking Event we teach participants how to meal prep meals and snacks for health and convenience - with great flavor. We showcase 3 nutritious and delicious recipes (DIY Trail Mix, Southwest Chicken Salad and a Banana Split).</p>	
Mediterranean Flare	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration?</p> <p>Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Mediterranean Flare Cooking Event we teach participants how to embark on a Mediterranean Lifestyle that includes all healthy behaviors. We showcase</p>	Both

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	3 nutritious and delicious recipes (Sweet and Savory Vinaigrette over Salad, Mediterranean Baked Chicken and Chocolate Muffins).	
Mindful Eating	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: Many of our food choices, for better or worse, are mindless habits that develop into routines – eating the same breakfast on the weekdays, ordering the same take-out food on Sunday night. We make choices without being aware of all options. Mindfulness turns off “autopilot” behavior and turns on awareness. This practice leads to healthier eating, reduction in food cravings and stress, and weight loss – without dieting. Through our seminar, learn how you can become a mindful eater.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Mindful Eating Station, participants will learn what mindful eating is, and how to embark on this journey. Participants will get to practice mindful eating, learn about the EAT Method, Health at Every Size, and the Hunger/Satiety Scale.</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>
No Sugar Added	<p>Category: Tasting Table</p> <p>Description: B.Komplete brings delicious healthy meals, snacks, and treats right to you! Whether your group is looking for healthy meal inspiration, a tasty treat, or a savory snack, our corporate tasting tables are a fun, unique, and affordable way to inspire your group to eat right. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet.</p> <p>What to Expect: Up to 75 attendees will be invited to taste several of our</p>	<p>Onsite</p>

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	<p>better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. At our No Sugar Added Table, participants will get to sample a couple of our delicious, no sugar added recipes. Participants will learn about how to successfully bake and cook without added sugar, and how to naturally sweeten your recipes.</p>	
Nutrition Counseling	<p>Category: Counseling</p> <p>Description: Individual nutrition & wellness consultations with a Registered Dietitian (and in PA Licensed). An opportunity for participants to learn more about ways to improve their health and well-being. This is a HIPAA compliant event, with all information kept confidential.</p>	Both
Nutrition for Exercise	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: "Sports Nutrition" applies to the elite athlete as well as the regular, active person. A solid sports nutrition plan can support training and improve performance, all while promoting health and wellness. Learning how eating right allows the body to adapt to training, helps recovery after exercise and attain peak performance. We will address the misconception that "when a person exercises, they can eat whatever they want." This seminar is perfect for those who are just starting a physical activity program, as well as for those who participate in aerobic and weight training activity, at moderate and vigorous intensity.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and</p>	<p>Seminar/webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>

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	<p>during open enrollment meetings. At our Nutrition for Exercise, participants will learn more on the composition of food and how protein, carbohydrate, and fat impact athletic performance. At this station participants will learn about nutrition supplements for exercise, and how to "decode" the nutrition label. Participants will learn how to fuel themselves properly to support their athletic goals.</p>	
<p>Nutritious Comfort Food</p>	<p>Category: Cooking Demo/Cook-a-long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Nutritious Comfort Foods Cooking Event we teach how to enjoy some of your favorite comfort foods with a healthy twist. We showcase 3 nutritious and delicious recipes (Ranch Dip, Mac & Cheese, and Apple Pie Cookies).</p>	<p>Both</p>

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Plant Based Eating Solutions	<p>Category: Wellness Awareness Station</p> <p>Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Plant Based Eating Solutions Station, participants will learn about the benefits of plant-based food. Participants will learn to successfully embark on a healthy and balanced meal plan considering plant-based options. We will focus on accessible tips that participants can start, right away.</p>	Onsite
Plant Based: Scrumptious Holiday Recipes	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a</p>	Both

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	<p>handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Plant Based: Scrumptious Holiday Recipes Cooking Event we teach how to enjoy some of your favorite holiday foods with a healthy twist. We showcase 3 nutritious and delicious recipes (Sweet Potato Mash, Savory Stuffing, and Apple Pie Cookies).</p>	
<p>Plant Based: Flavorful - Fun Latin Cuisine</p>	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Flavorful and Fun Latin Cuisine Cooking Event we teach how to enjoy</p>	<p>Both</p>

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	popular Latin recipes with a healthy twist. We showcase 3 nutritious and delicious recipes (Edamame Guacamole, Southwest Chicken Salad, and Spiced Chocolate Brownies).	
Plant Based: Healthy and Quick Asian Cuisine	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Healthy and Quick Asian Cooking Event we teach how to enjoy popular Asian recipes with a healthy twist. We showcase 3 nutritious and delicious recipes (Asian Slaw, Lomein, and Fruity Coconut Bites).</p>	Both
Plant Based: How to Enjoy Ancient Grains	Category: Cooking Demo/Cook-a-Long	Both

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	<p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our How to Enjoy Ancient Grains Cooking Event, we teach how to enjoy whole grains in recipes that are familiar. We showcase three nutritious and delicious recipes (Sweet Breakfast Quinoa, Mediterranean Bulgur Wheat, and DIY Granola served with yogurt).</p>	
<p>Plant Based: No Meat- No Problem</p>	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking</p>	<p>Both</p>

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	<p>Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our No Meat—No Problem Cooking Event, we teach how to enjoy plant-based recipes. We showcase 3 nutritious and delicious recipes (Nacho Cheez Dip, Latin Quinoa, and Chocolate Macaroons).</p>	
Polish Inspired Recipes	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25</p>	Both

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	<p>attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Polish Inspired Recipes Cooking Event we teach how to enjoy traditional Polish recipes with a healthy twist. We showcase 3 nutritious and delicious recipes (Marinated Mushrooms, Vegetable "Kielbasa" Stew, and Cheesecake Pudding).</p>	
Smoothie Solutions	<p>Category: Cooking Demo/Cook-a-Long and Tasting Table</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in</p>	<p>Cooking Demo: Both Tasting Table: Onsite</p>

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	<p>the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Smoothie Solutions Cooking Event we teach how to create their own delicious and nutritious smoothies. We showcase 3 nutritious and delicious recipes (Green Smoothie, Berry Vanilla Protein Smoothie, and Chocolate Coconut Smoothie)</p> <p>Description: B.Komplete brings delicious healthy meals, snacks, and treats right to you! Whether your group is looking for healthy meal inspiration, a tasty treat, or a savory snack, our corporate tasting tables are a fun, unique, and affordable way to inspire your group to eat right. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. What to Expect: Up to 75 attendees will be invited to taste several of our better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. At our Smoothie Solutions Table, participants will get to sample one of our delicious, Smoothie recipes. Participants will also get to try a BFY packaged shake. Participants will learn about how to successfully create their own smoothies, and discuss BYF packaged options.</p>	
<p>Supermarket Shopping Strategies</p>	<p>Category: Seminar/Webinar Wellness Awareness Station</p> <p>Seminar/Webinar Description: Good nutrition starts with smart choices at the supermarket. Find out which products are the best purchases and why; the secrets behind marketing, health claims, and food labeling; how to shop mindfully, and finding healthy on-the-go solutions. Participants will gain ‘insider’</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness</p>

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	<p>information on the formulas behind food science and food marketing. Get ready to travel virtually down the supermarket store aisles!</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Supermarket Shopping Strategies Station, participants will learn which products are the best purchases and why; the secrets behind marketing, health claims, and food labeling; how to shop mindfully, and finding healthy on-the-go solutions. Participants will gain 'insider' information on the formulas behind food science and food marketing. Get ready to be empowered when you are grocery shopping!</p>	<p>Station: Onsite</p>
<p>Sweet Treats</p>	<p>Category: Tasting Table</p> <p>Description: B.Komplete brings delicious healthy meals, snacks, and treats right to you! Whether your group is looking for healthy meal inspiration, a tasty treat, or a savory snack, our corporate tasting tables are a fun, unique, and affordable way to inspire your group to eat right. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. What to Expect: Up to 75 attendees will be invited to taste several of our better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. At our Sweet Treats Table, participants will get to sample a couple of our delicious, sweet treat recipes. Participants will learn about how to successfully bake and prepare sweet desserts with less/no added sugar.</p>	<p>Onsite</p>

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The New American Plate	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: How our plates have evolved - from the 1940s "Basic 7" to the present day "MyPlate." The "New" American Plate focuses on a plant-based diet approach - which can reduce the risk of cancer and other chronic diseases. In this insightful presentation, we review American eating and environmental trends, compare MyPlate to the New American Plate, learn how to identify serving sizes, discuss the benefits of diet diversity, how to reduce your carbon footprint through consumption, and provide healthful eating strategies for everyone.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At the New American Plate Station, participants will learn about a plant-based diet approach - which can reduce the risk of cancer and other chronic diseases. At this insightful station, we review American eating and environmental trends, compare MyPlate to the New American Plate, learn how to identify serving sizes, discuss the benefits of diet diversity, how to reduce your carbon footprint through consumption, and provide healthful eating strategies for everyone.</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>
The Power of Plant Protein	<p>Category: Seminar/Webinar</p> <p>Description: Wondering about the benefits of plant-based food? And how hard is it to eat gluten free? In this instructive seminar participants will learn to successfully embark on a healthy and balanced meal plan considering special eating programs. Participants will gain recommendations for those with celiac</p>	Both

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	disease, gluten intolerance, and additional health concerns. We will focus on accessible tips that participants can start, right away.	
The Truth Behind Nutrition- Fact and Fiction	<p>Category: Wellness Awareness Station</p> <p>Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Truth Behind Nutrition - Fact & Fiction Station, participants will learn the facts from the fiction in nutrition recommendations; from healthy weight loss and maintenance and eating and exercising at night, to ideal body weight, where to find accurate nutrition information, details on fat & protein, and the real deal in processed foods, and how to have your cake - and eat it too. This is your nutrition myth buster one-stop-shop.</p>	Onsite
Understanding Hormones	<p>Category: Seminar/Webinar</p> <p>Description: Hormones are vital to our general health and well-being. Unbalanced hormones lead to issues like diabetes, unintentional weight changes, infertility, weak bones, mood changes and more. Understanding what hormones are and how we can impact them can drive significant impact to our overall health. In this seminar we review hormones in men and women, endocrine disease, and what we can do to keep our own hormones in balance.</p>	Both
1 Pan - No Problem!	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking Demonstration, we spend many hours organizing, preparing, and confirming</p>	Both

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	<p>each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our One Pan—No Problem Cooking Event, we teach how to make convenient recipes that the whole family will love. We showcase three nutritious and delicious recipes (Creamy Ranch Dip, Latin Quinoa, and Mug Cake).</p>	
Be Energized		
Achieving a Good Night Sleep	<p>Category: Seminar/Webinar</p> <p>Description: The Centers for Disease Control writes, “Insufficient sleep is a public health concern.” Sleep insufficiency is linked to motor vehicle crashes, industrial disasters, medical and other occupational errors. Attend this seminar and learn how to achieve the right sleep hygiene that works for you. We discuss a variety of practices to have quality sleep, which in turn leads to a full daytime of alertness, increased safety, and efficiency. This seminar will include information on practices to follow to get the best sleep possible, which lead to improvements in overall health.</p>	Both
Best Bets for Brain Health	<p>Category: Seminar/Webinar</p>	Both

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	<p>Description: Brain health leads to success. Almost everything that we eat, drink, think, and do, will directly or indirectly impact our brain. This clever presentation teaches you how to improve your cognition and keep your brain healthy through food, beverage, and lifestyle choices. We will cover how this topic relates to the science of the brain, the latest medical recommendations, and real-life solutions that you can start, right away.</p>	
Blood Pressure Management	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: Known as the “silent killer” high blood pressure affects 1 in every 3 Americans, and many people do not know that they have it. Learn the proven effective ways to reduce your risk for developing high blood pressure and help to manage and/or reduce high blood pressure. We will review in detail the strategies that everyone can use right away and practice a simple technique to help control our body’s response to stress and help to reduce our blood pressure. This seminar is perfect to be scheduled in May, Blood Pressure Awareness Month.</p> <p>Wellness Awareness Station Description: B. Complete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At this Station, participants will learn the proven effective ways to reduce risk for developing high blood pressure and help to manage and/or reduce high blood pressure. We will review in detail the strategies that everyone can use right away and teach a simple technique to help control our body’s response to stress and help to reduce our blood pressure</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>
Chair Massage	<p>Category: Massage</p> <p>Description: Massage Therapy has a long history in many world-wide cultures. Today, people use massage therapy for a variety of health-related reasons.</p>	<p>Onsite</p>

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	<p>Chair massage has moved into corporate settings during employee appreciation days, as a way for employers to reduce the stress and improve the morale of their employees. After a chair massage, the participants will feel energized, rejuvenated, valued, and relaxed. Our chair massage will benefit participant's physical and mental state. Your B.Komplete Certified Massage Therapist has years of experience and loves working with corporate groups. Many of our Massage Therapists are additionally trained in Reflexology, which is the application of pressure to areas on the feet, hands, and ears. When participants receive our chair massage and reflexology, they can feel the difference that our skilled hands make. Our chair massage and/or reflexology can accommodate up to 5 individual sessions per hour. We guarantee that your corporate group will love our massage therapy and reflexology, and instantly feel the enhanced level of skill and dedication provided by our team.</p>	
Group Acupuncture	<p>Category: Acupuncture</p> <p>Description: Auricular (ear) acupuncture is a safe, simple, effective, non-verbal treatment that is used in clinics and treatment centers throughout the world. It is an effective treatment for stress, addiction, depression, insomnia, craving, detoxification, trauma, and physical pain. This type of NADA acupuncture is offered by the US military for relief from conditions including traumatic stress and chronic pain. Auricular acupuncture is a structured procedure that involves up to five points in each ear and provides a deep sense of relaxation while stimulating healing and recovery. There may be slight discomfort as the needles are inserted, but this quickly diminishes. The needles are left in for up to 30 minutes, during which time the client sits quietly and comfortably, with relaxing music, and without speaking (Reference). This treatment is thought to strengthen the liver, kidneys and lungs, which are key organs in the elimination of toxins. Additionally, the treatment aims to boost feelings of well-being.</p>	Onsite
Guided Meditation	<p>Category: Seminar/Webinar</p> <p>Description: Wall Street, the NFL, and even the United States Marines are fine tuning their brain and upping their productivity with meditation. This ancient practice has found a place in modern day, as people experience immediate</p>	Both

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	<p>benefits from using it. A few examples of the benefits from regular meditation include reducing blood pressure, improving immunity, improving concentration, improving response to stress, improving sleep, and helping to cope with disease. A variety of meditation practices, exercises and topics will be experienced and discussed in our Workshop.</p>	
Handling Change Effectively	<p>Category: Seminar/Webinar</p> <p>Description: No organization can afford to stand still. There are always new challenges to meet, and better ways of doing things. Change management is a structured approach that ensures changes are implemented thoroughly and smoothly – and have the desired impact. In this seminar, we explain how you can enact positive and productive change in your organization using four core principles of successful change management.</p>	Both
Health Fair	<p>Category: Health Fair</p> <p>Description: Health Fairs created based on client request and a custom proposal. Health Fairs can include: Wellness Awareness Stations, Chair Massage, Tasting Tables, Ask the Dietitian Table/Station, as well as break-out events: Yoga, Office Exercise, Cooking Demo, and more.</p>	Both
Health is Power Challenge	<p>Category: Virtual Wellness Challenge</p> <p>Description: We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology including an app is used for tracking progress toward all goals. In our Health is Power Challenge, participants will work on healthcare prevention areas each week. This helps participants identify powerful behaviors to reduce chronic disease and activities each week to gain the power of prevention. Categories may be customized to best meet the needs of the participants. Contact us for a demo.</p>	Online
Holiday Well-being Challenge	<p>Category: Virtual Wellness Challenge</p>	Online

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	<p>Description: We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology including an app is used for tracking progress toward all goals. In our Holiday Well-Being Challenge, participants will work on different areas to help reduce their stress each week. This challenge helps participants stress less and gain health and happiness over the holiday season. Categories may be customized to best meet the needs of the participants. Contact us for a demo.</p>	
Life Coaching	<p>Category: Coaching</p> <p>Description: We help people move forward, set personal and professional goals, and help direct them to the meaningful life they really want. Our coaching can address specific projects, business/workplace, general conditions and transitions, personal life, relationships, healthcare, wellness/self-care, stress management and time management. We examine what is going on right now, discover what your obstacles and challenges may be, and discuss the course of action to get you on the right path. If there is a gap between where you are now and where you want to be, then there is room for life coaching.</p>	Both
Maintaining Your Wellness Success Challenge	<p>Category: Virtual Wellness Challenge</p> <p>Description: We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology including an app is used for tracking progress toward all goals. In our Maintaining Your Wellness Success Challenge, participants will work to maintain healthy behaviors they have developed from a prior wellness challenge. This challenge helps participants identify issues in the past that may have been barriers to leading a healthy lifestyle. This challenge will help to empower the participants to practice self-care and preventative measures, to help them gain and maintain their health. Categories may be customized to best meet the needs of the participants.</p>	Online

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	Contact us for a demo. This challenge Inspires participants to maintain healthy behaviors over the long-term.	
Meditation	<p>Category: Wellness Awareness Station</p> <p>Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Meditation Station, a variety of meditation practices, exercises and topics will be experienced and discussed. We will showcase meditation tools and techniques. Participants will be invited to try a breath exercise. This station will include an introduction to essential oils and aromatherapy.</p>	Onsite
Mental Health Workshop 1: Physical Considerations	<p>Category: Seminar/Webinar</p> <p>Description: The World Health Organization defines health as “a state of complete physical, mental, and social well-being.” The frequent disconnect between “mind” and “body” creates the misconception that mental health is not a physical disease – when in fact they are interconnected. What you eat (or what you don’t eat) and the physical movement you do – will directly impact your mental health. Taking care of your mind and body is the best way to maintain and improve your mental health. In this informative seminar, we will review strategies to support a brain-health diet and movement tips to drive improved physical fitness and health.</p>	Both
Mental Health Workshop 2: Mental Considerations	<p>Category: Seminar/Webinar</p> <p>Description: Stress takes a heavy toll on our mental, physical and emotional health. Learning how to manage stress effectively is a key in maintaining – or gaining – mental health and well-being. Often during life stress our healthy behaviors are the first things to go: we miss out on sleep, exercise, healthy eating, time-management and relaxation. Attend this seminar and learn</p>	Both

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	<p>how to achieve the right stress management that will work for you. This seminar will include information on practices to follow to effectively manage our stress, which leads to improvements in overall health and mental well-being.</p>	
Mental Health Workshop 3: Emotional Considerations	<p>Category: Seminar/Webinar</p> <p>Description: When it comes to happiness and success in life, emotional intelligence (EQ) matters just as much as intellectual ability or IQ. Building your emotional intelligence can also help you to connect to your feelings, manage stress, turn intention into action, and make informed decisions about the things that matter most to you. In this seminar learn the key skills for managing your emotions and improving your relationships with a variety of practical techniques, team-building exercises, and a goal setting segment.</p>	Both
Mental Health Workshop 4: Social Considerations	<p>Category: Seminar/Webinar</p> <p>Description: No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and be your best. In biological terms, finding meaning and purpose is essential to brain health as it can help generate new cells and create new neural pathways in the brain. Strong social connectivity and self-meaning/purpose will strengthen your immune system, alleviate pain, relieve stress, and keep you motivated to pursue the other steps to better mental and emotional health. In this seminar we discuss strategies to find significant social connection, derive meaning and purpose in life, and practices to do each day.</p>	Both
Mindful Living and Balance	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: There is one thing for certain when it comes to stress – it doesn't go away. Stress impacts our lives in many ways, eating patterns, digestion, mood, sleep, energy, immunity, and disease. In this holistic seminar we will discuss the various types of stress, how to effectively manage it, and how to restore our body's sense of well-being and balance. A variety of stress management practices, exercises and topics will be experienced and discussed.</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>

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	<p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Mindful Living and Balance Station, we will discuss the various types of stress, how to effectively manage it, and how to restore our body's sense of well-being and balance. A variety of stress management practices, exercises and topics will be experienced and discussed. This station includes an introduction to essential oils and aromatherapy.</p>	
Pillars of Health Challenge	<p>Category: Virtual Wellness Challenge</p> <p>Description: We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology including an app is used for tracking progress toward all goals. In our Pillars of Health Challenge, participants will learn about the 8 Pillars of Health with key well-being focus areas each week. This challenge helps participants gain health and well-being in all areas of their life. Categories may be customized to best meet the needs of the participants. Contact us for a demo.</p>	Online
Pillars of Wellness	<p>Category: Seminar/Webinar</p> <p>Description: Have you considered broadening your knowledge to better meet the evolving needs of yourself and those you care about? In this holistic program learn about the 8 pillars of wellness (physical, intellectual, emotional, social, spiritual, vocational, financial, and environmental) and how to translate them into your life. We cover how this topic relates to health improvements in individuals and populations, the latest medical recommendations, and real-life examples.</p>	Both

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Power of Productivity	<p>Category: Seminar/Webinar</p> <p>Description: If you know you are working hard every day but not getting enough done, this event is for you. Spend just 1-hour with us at this event and get more done during your day moving forward! You will learn all about the different parts of being productive including physical, mental, and emotional considerations. We have compiled the top tips from some of the most successful and productive leaders. This event includes self-evaluations, actionable tips and resources, and goal setting.</p>	Both
Reducing Our Carbon Footprint	<p>Category: Seminar/Webinar</p> <p>Description: We all want to save money, help the environment, and make a positive impact. We can accomplish this through doing our part in reducing our carbon footprint. This seminar will include a guided self-assessment, resources, and an action plan for participants. Let us all do our part in reducing our carbon footprint.</p>	Both
Snacking for Energy	<p>Category: Tasting Table</p> <p>Description: B.Komplete brings delicious healthy meals, snacks, and treats right to you! Whether your group is looking for healthy meal inspiration, a tasty treat, or a savory snack, our corporate tasting tables are a fun, unique, and affordable way to inspire your group to eat right. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all the materials needed for the event, including the delicious food! You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. What to Expect: Up to 75 attendees will be invited to taste several of our better-for-you themed options. Our RDN will provide information on the recipes and the ingredients while also answering food and nutrition questions. Participants will receive a handout that includes the recipes featured at the tasting table, the nutrition facts panel and ingredients, and a colorful picture of the dish. At our Snacking for Energy Table, participants will get to sample one of our delicious, energy bite recipes and a BFY packaged snack. Participants will</p>	Onsite

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	learn about how to successfully create their own snacks, and some BYF packaged options.	
Stay Well- Guidance to Avoid Colds/Flus	<p>Category: Seminar/Webinar</p> <p>Description: One valuable lesson learned from the COVID-19 pandemic was the importance of keeping our immune systems strong. Each year, on average five to 20 percent of the United States population gets the flu. It is estimated that the flu results in 31.4 million outpatient visits and more than 200,000 hospitalizations each year. At this seminar learn the proven steps to take to keep your immune system strong and tips to avoid colds and the flu. We will also provide info on the COVID vaccine and debunk the fact from fiction. This seminar is perfect to be scheduled in the fall or winter.</p>	Both
Stress Free Holiday Season	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: Family gatherings, time away from work, celebrations, traditions...And STRESS! The holidays bring on a significant list of added responsibilities — parties, shopping, baking, cleaning and entertaining, to name only a few, as well as some unwanted guests — stress, depression, and weight gain. This seminar will cover practical tips to help minimize the stress that accompanies the holidays, and ways to maintain optimal mental, physical, and emotional health and wellbeing.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Stress-Free Holiday Season Station, participants will discuss the significant list of added responsibilities — parties, shopping, baking, cleaning and entertaining, to name only a few, as well as</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>

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	some unwanted guests – stress, depression, and weight gain. This station will cover practical tips to help minimize the stress that accompanies the holidays, and ways to maintain optimal mental, physical, and emotional health and wellbeing. A breath exercise will be taught, as well as a few mindful tips.	
Stress Reduction Workshop 1: Defining Stress	<p>Category: Seminar/Webinar</p> <p>Description: Workshop 1 introduces the topic and demonstrates how stress impacts all of us. The workshop activities include word association, practice turning distress into eustress, developing a personal mantra, practicing breath meditations, and an invitation to begin the “3 Good Things” Challenge. Including: Writing Exercise, Breathing Meditation, and Goal Setting.</p>	Both
Stress Reduction Workshop 2: Reacting to Stress	<p>Category: Seminar/Webinar</p> <p>Description: Workshop 2 delves into the variety of ways we react to stress, with information on physical, mental, emotional, and social topics. The workshop activities include checking in with individual stress, an introduction into mindfulness, the “mindful raisin”, and a body scan. Including: Before and After Pulse Check, Mindful Activity Practice, and Goal Setting.</p>	Both
Stress Reduction Workshop 3: Coping with Stress	<p>Category: Seminar/Webinar</p> <p>Description: Workshop 3 reviews the positive and negative ways we cope with stress and examines the relationship between coping and managing stress effectively. The workshop activities include a variety of positive coping practices, self-reflection and writing, ways to best accept change, and strategies to practice a stress-less lifestyle. Including: Before and After Pulse Check, Guided Imagery Meditation, and Goal Setting.</p>	Both
Stress Reduction Workshop 4: Practical Techniques	<p>Category: Seminar/Webinar</p> <p>Description: Workshop 4 focuses on physical expressions to alleviate stress. The workshop activities include several breath exercises, yoga at your station, and introduction to Tai Qi, Free Awareness Meditation and Guided Imagery Meditation.</p>	Both

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Stress-Free Holiday Season	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: Family gatherings, time away from work, celebrations, traditions...And STRESS! The holidays bring on a significant list of added responsibilities — parties, shopping, baking, cleaning and entertaining, to name only a few, as well as some unwanted guests – stress, depression, and weight gain. This seminar will cover practical tips to help minimize the stress that accompanies the holidays, and ways to maintain optimal mental, physical, and emotional health and wellbeing.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Stress-Free Holiday Season Station, participants will discuss the significant list of added responsibilities — parties, shopping, baking, cleaning and entertaining, to name only a few, as well as some unwanted guests – stress, depression, and weight gain. This station will cover practical tips to help minimize the stress that accompanies the holidays, and ways to maintain optimal mental, physical, and emotional health and wellbeing. A breath exercise will be taught, as well as a few mindful tips.</p>	<p>Seminar /Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>
The Misconceptions, Mysteries, and Mission of Alternative Medicine	<p>Category: Seminar/Webinar</p> <p>Description: What role do essential oils play in health? Should I take a natural sleep aid? Can coconut oil improve skin and hair? Can herbs help reduce joint pain? If you have thought about any of these questions – this presentation is for you. We will define what alternative medicine consists of, and the research and medical background behind a wide variety which include essential oils, herbs, and supplements.</p>	<p>Both</p>
Tobacco Cessation Workshop	<p>Category: Tobacco Workshop Series</p>	<p>Both</p>

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	<p>Description: Our Tobacco Cessation Workshop Series are organized as 4 – 60-minute sessions that build upon each other. The workshops create an atmosphere of sharing in the participants and are upbeat and enjoyable. The workshops outline the tools a person needs for effective tobacco cessation. The tobacco cessation workshop series may accommodate up to 20 participants per program. Each participant will receive their own B.Komplete Smoking & Tobacco Cessation Workbook. Our programs are effective, HIPAA compliant, and we have heard from participants – even enjoyable.</p>	
Top 10 Health & Wellness Tips	<p>Category: Seminar/Webinar</p> <p>Description: We all love a “Top 10” List, and this inspiring seminar takes our 10 and teaches employees how to make sustainable health a reality. Rich in resources, stories, trivia, and activity, this seminar “keeps employees on their feet” and motivates them to act. We focus on nutrition, exercise, prevention, teamwork, mental health, self-care, stress management, tracking and life balance. And with our S.M.A.R.T. goal setting, employees have a specific plan moving forward.</p>	Both
Understanding Inflammation	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: Body Inflammation is a normal and healthy response to injury or attack by germs and our way to provide nourishment to the area needing help. But inflammation isn't always helpful. Inflammation has great destructive potential and is seen in (autoimmune) diseases like type 1 diabetes, rheumatoid arthritis, and lupus. Whole-body inflammation refers to chronic, low-level inflammation and evidence suggests that over time this kind of inflammation increases risk for heart disease, cancer, neurodegenerative diseases, and depression. In this informative seminar learn ways to reduce inflammation through food choice, supplements, physical activity, and mental exercises.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>

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	<p>wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Understanding Inflammation Station, participants will learn ways to reduce inflammation through food choice, supplements, physical activity, and mental exercises.</p>	
Unlocking Effective Communication	<p>Category: Seminar/Webinar</p> <p>Description: Our language influences others. The way your employees write, speak and act has a huge impact on how your business is perceived. Effective communication leads to greater customer retention, employee satisfaction and additional revenue. Poor communication can cost your company in lost sales, higher employee turnover and reduced productivity. Let us unlock your employee’s potential as great communicators by teaching them how to approach real- life situations. This seminar includes case studies, self-assessments and S.M.A.R.T. goal setting.</p>	Both
Using Technology to Achieve Better Health Webinar	<p>Category: Seminar/Webinar</p> <p>Description: The question isn’t, “can I use technology to improve my health?” the question has become – “which technology option should I use to improve my health?!” But who has time to review all the options? B.Komplete has compiled the top technology choices that work to improve health. Participants gain recommendations for desktop, mobile, and wearable devices. We will review information on community programs, group challenges, and support systems.</p>	Both
Virtual Comedy Show	<p>Category: Comedy Show</p> <p>Description: Do you love to laugh? Or at least crack a smile? We can help you and your workforce forget about the stress at-hand with our Virtual Wellness Comedy Shows! Laughter creates powerful benefits including reducing stress, relieving pain, boosting immunity, reducing blood pressure, stimulating</p>	Both

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	<p>cognition, improving inclusion, and engaging your workforce. Our Virtual Wellness Comedy Shows are customized to fit with your corporate culture – and we can even write custom jokes for your show. Our shows are scheduled for a 30-minute time spot.</p>	
Wellness Journey Challenge	<p>Category: Virtual Wellness Challenge</p> <p>Description: We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology including an app is used for tracking progress toward all goals. At our Wellness Journey Challenge, we customize the entire program based on the needs of the participants. This is an annual program that will include a key health focus area each month. During this program, participants get a chance to identify their own goals and track what means the most to them. We recommend purchasing our individual coaching as an add-on to maximize the success for the participants. Contact us for a demo.</p>	Online
Your Food-Mood Solution	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: Food and beverage choice leads to success. Almost everything that we eat will directly or indirectly impact our brain. This savvy presentation teaches you what to eat for: your mood, your memory, your energy levels, and even how to rest better at night! We cover how this topic relates to pop culture, the latest scientific recommendations, and real-life solutions that you can start, right away.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Food-Mood Solution Station,</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>

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	<p>participants will learn what to eat for: your mood, your memory, your energy levels, and even how to rest better at night! We cover how this topic relates to pop culture, the latest scientific recommendations, and real-life solutions that you can start, right away.</p>	
Be Empowered		
Ask a Dietitian Table	<p>Category: Ask a Dietitian Table</p> <p>Description: What is the best diet to follow? How much water should I be drinking? Is organic food healthier? These are just a few examples of the questions that our Registered Dietitian Nutritionists (RDN) can answer for your group. As our “Ask the Dietitian Table” our RDN’s will answer your nutrition, food, and health questions. This event is very inclusive and our RDN team is friendly and approachable. As this event is typically held in a public location (employee break room, cafeteria, or meeting room) personal health information should not be disclosed. Following the Ask the Dietitian Table, our group can follow up with private nutrition consultations, with all information kept confidential.</p>	Both
Cancer Awareness	<p>Category: Seminar/Webinar</p> <p>Description: Participants will learn cancer history, get answers to common questions and more in this educational seminar. We provide reliable, science-based recommendations for cancer prevention and treatment. We will discuss how everyone can make a difference in the fight against cancer. This seminar is perfect to be scheduled in September, Prostate Cancer Awareness Month and October, Breast Cancer Awareness Month.</p>	Both
Cancer Awareness 2.0	<p>Category: Seminar/Webinar</p> <p>Description: With advances in science and medicine the death rate from cancer has declined, however the incidence of cancer remains flat. In our Cancer 2.0 seminar discuss the latest research around carcinogens and learn additional strategies to help protect yourself. We dive deeper into a variety of can-do-actions and encourage participants to design their “cancer prevention” action plan. This seminar is perfect to be scheduled after Cancer Awareness.</p>	Both

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Cooking for Everyone	<p>Category: Seminar/Webinar</p> <p>Description: From the novice to the well-seasoned home chef, this action-packed seminar will inspire anyone to get into the kitchen! This program teaches cooking methods and measures, kitchen tool usage, ingredient tips, decoding recipes, and how to get started. We will cover best practices for meals and snacks and add a bit on stocking your pantry and freezer. We all have to eat – let us show you how to prepare meals and snacks that you and your family will love.</p>	Both
Decoding Digestive Health	<p>Category: Seminar/Webinar</p> <p>Description: Like all complicated machinery your digestive system does not always run smoothly. Digestive disturbances impact over 700,000 people daily and range from heartburn to bowel issues to gallstones and disease like celiac and diverticulosis. In this eye-opening seminar we review the science behind what keeps a digestive system healthy and explain complications. We discuss the practical tips to keep your digestive system strong and how to maintain this through your lifetime.</p>	Both
Develop Healthy Habits Challenge	<p>Category: Virtual Wellness Challenge</p> <p>Description: We offer a variety of online wellness challenges to maximize the health of your employees. Challenges run over the course of one-month to one-year. All employees are invited to join and may participate individually or in a team. Online portal technology includes an app used for tracking progress toward all goals. In our Healthy Habits Challenge, participants will select a habit each week of the challenge to focus on, and add one additional habit each week. Categories may be customized to best meet the needs of the participants. Contact us for a demo.</p>	Online
Diabetes Avoidance and Care	<p>Category: Seminar/Webinar Wellness Awareness Station</p> <p>Seminar/Webinar Description: Currently in the U.S. there are roughly 30 million people living with diabetes, and another 86 million with pre-diabetes. When it</p>	Seminar /Webinar: Both

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	<p>comes to diabetes – knowledge is power. The more you know about diabetes, the better chance you will have to successfully prevent or successfully manage this chronic condition. In this seminar we cover defining diabetes, reasons for occurrence, myths & facts, types of diabetes, the signs & symptoms and how to manage. This seminar is perfect to be scheduled in November, Diabetes Awareness Month.</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Diabetes Avoidance and Care Station participants will learn about how to manage blood sugar, learn more about serving size, discuss how to create a diabetes friendly meal-plan, and more.</p>	Wellness Awareness Station: Onsite
Diabetes Awareness 2.0	<p>Category: Seminar/Webinar</p> <p>Description: How does inflammation impact glycemic control? What is type-3 diabetes? What does your biological clock have to do with your HGA1C? Learn about these hot topics and more in our Diabetes 2.0 Seminar. We dive deeper into a variety of the specific concerns and answers around this disease and offer suggestions for prevention and care. This seminar is to be perfect to be scheduled after Diabetes Avoidance and Care.</p>	Both
Eat Right for Life	<p>Category: Cooking Demo/Cook-a-Long</p> <p>Description: B.Komplete dazzles corporate groups with mouth-watering cooking classes! Whether the group is looking for a vibrant, live cooking show or a hands-on workshop to learn healthy food strategies, our corporate group cooking demonstrations are a fun, unique, and affordable way to teach employees how to cook for better health. Before every B.Komplete Cooking</p>	Both

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	<p>Demonstration, we spend many hours organizing, preparing, and confirming each detail to ensure every event is an exceptional experience for the attendees. The Registered Dietitian Nutritionist (RDN) leading your event will bring with her/him all materials needed for the event. You will be provided with a custom marketing flyer to promote the event and a participant sign-up sheet. The in-person cooking demonstration can accommodate up to 25 attendees. What to Expect at the Demonstration: Audience members will join and think that a cooking school has arrived for them – we literally “bring the kitchen” to you, in a neat way. We start out with an educational conversation around the theme that includes health, ingredient, and food information with teaching tools. Next, we start cooking and invite audience members to assist in the creation of the recipes. (For onsite programs) Participants are invited up for a hearty tasting, and more time to ask the RDN questions. All participants get a handout that includes the recipes featured, the nutrition facts panels, and a colorful picture of the dish. What to Expect after the Demonstration? Delighted and inspired employees who re-create the dishes at home, share with their colleagues, family, and friends, and gain sustainable health solutions. At our Eat Right for Life Cooking Event we teach how to nourish your body well throughout your lifetime. We showcase 3 nutritious and delicious recipes (DIY sweet/savory vinaigrette over salad, Mediterranean Chicken, and Deep Chocolate Muffins).</p>	
Grocery Store Chat	<p>Category: Grocery Store Chat</p> <p>Description: On average, 30,000 new products launch every year. It’s impossible to keep up with the latest ingredient and nutrition technology. Leave the stress and join us for our virtual grocery store chats with nutrition guidance from a B.Complete Registered Dietitian Nutritionist. We help you and your employees’ shop for success at the grocery store (in-person or when ordering online) with our virtual grocery store chats. Webinar technology is used to facilitate the event.</p> <p>The sessions are fully customizable and include:</p> <ul style="list-style-type: none"> ● Guidance on how to save time and money when creating your grocery shopping list 	Online

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	<ul style="list-style-type: none"> ● Review of food product categories and what will work for you ● “Deep dive” into up to 5 items which includes label and ingredient education and product usage recommendations ● The recommendations can be customized based on your healthcare and diet needs* ● The session will last for 1 hour 	
Heart Health	<p>Category: Seminar/Webinar and/or Wellness Awareness Station</p> <p>Description: Heart disease is the leading cause of death in both men and women in the United States. Participants learn how to help prevent heart disease by following healthy lifestyle choices and managing any existing health conditions. We provide recommendations on diet, weight, physical activity, alcohol, smoking and ways to manage stress as well as ways to control blood pressure. Participants will each set a SMART goal that they can follow to benefit their heart health. This seminar is perfect to be scheduled during February, Heart Health Month.</p> <p>Description: Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Heart Health Station, participants learn how to help prevent heart disease by following healthy lifestyle choices and managing any existing health conditions. We provide recommendations on diet, weight, physical activity, alcohol, smoking and ways to manage stress as well as ways to control blood pressure.</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>
Immunity Boosters	Category: Seminar/Webinar	Both

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	<p>Description: Arm your immune system with the power it needs to keep you healthy all year round. In this seminar we discuss the latest research into how the immune system functions and ways to lead a healthy lifestyle to benefit your system. We review exactly how diet, physical activity, age, stress and other factors impact your immune system. This seminar includes immune boosting trivia throughout the program and constructive goal setting on practical ways to boost up your immune system.</p>	
Know Your Numbers	<p>Category: Seminar/Webinar and Wellness Awareness Station</p> <p>Seminar/Webinar Description: How much do you know about your biometric numbers? These numbers can be the first clue that provides information about your health. Your numbers indicate risk factors for disease – now and the future. In this informative seminar participants learn the recommendations for: body mass index and waist circumference, cholesterol, triglycerides, glucose, and blood pressure. This seminar is perfect to be scheduled before or after a biometric screening event.</p> <p>Wellness Awareness Station Description: Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Know Your Numbers Station, participants learn the recommendations for: body mass index and waist circumference, cholesterol, triglycerides, glucose, and blood pressure. We teach ways to improve all health numbers, and maintain a healthy and balanced lifestyle.</p>	<p>Seminar/Webinar: Both</p> <p>Wellness Awareness Station: Onsite</p>
Supermarket Shopping Strategies both?	Category: Seminar/Webinar Wellness Awareness Station	Seminar/Webinar: Both

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	<p>Seminar/Webinar Description: Good nutrition starts with smart choices at the supermarket. Find out which products are the best purchases and why; the secrets behind marketing, health claims, and food labeling; how to shop mindfully, and finding healthy on-the-go solutions. Participants will gain ‘insider’ information on the formulas behind food science and food marketing. Get ready to travel virtually down the supermarket store aisles!</p> <p>Wellness Awareness Station Description: B.Komplete Wellness Awareness Stations are driving health awareness and introducing wellness solutions for a wide variety of employee populations. Participating employees receive pertinent information on well-being, nutrition, disease prevention, stress management, and physical activity in a fun, tactile, and visually appealing method. The stations are conducted as stand-alone events, during biometric screenings, indoor and outdoor health fairs, employee wellness days, and during open enrollment meetings. At our Supermarket Shopping Strategies Station, participants will learn which products are the best purchases and why; the secrets behind marketing, health claims, and food labeling; how to shop mindfully, and finding healthy on-the-go solutions. Participants will gain ‘insider’ information on the formulas behind food science and food marketing. Get ready to be empowered when you are grocery shopping!</p>	Wellness Awareness Station: Onsite
Value-Added/Turnkey Services		
Wellness Branding	<p>Category: Brand Development/Communication</p> <p>Description: If your organization has a wellness committee and/or team and would like to have holistic wellness branding - we are here to help! Our team can create your brand voice, brand colors, logo, tagline, and even a website/webpage. We can organize your branded “swag” - shirts, cups/mugs, bags, etc. to be provided for all employees. Let your wellness committee shine - and get noticed by all of your employees - with your custom wellness branding.</p>	
Wellness Comedy Shows	<p>Category: Comedy Show</p> <p>Description: Do you love to laugh? Or at least crack a smile? We can help you and your workforce forget about the stress at-hand with our Virtual Wellness</p>	Both

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	<p>Comedy Shows! Laughter creates powerful benefits including reducing stress, relieving pain, boosting immunity, reducing blood pressure, stimulating cognition, improving inclusion, and engaging your workforce. Our Virtual Wellness Comedy Shows are customized to fit with your corporate culture – and we can even write custom jokes for your show. Our shows are scheduled for a 30-minute time spot.</p>	
Wellness Newsletters	<p>Category: Wellness Education/Communication</p> <p>Description: Would you like to share evidence-based and innovative wellness topics with your employee population, but are unsure on how to accomplish this? B.Komplete is here to help your organization with our custom wellness newsletters. Select our turn-key package on the pillars of health, or work with our team to create your custom package. Newsletters are electronically delivered to your employees and may additionally be shared on your internal communication platform.</p>	

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