

Wellness Coaches

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

Serving clients nationwide.

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Website: www.wellnesscoachesusa.com

Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Active		
Back Injury Prevention Seminar	Next to the common cold, back pain is the second leading cause of missed work days in the U.S. Participants will learn about the common causes of back pain and injury, the relevant risk factors, and prevention strategies such as weight control, exercise, flexibility, and safe lifting and material handling techniques.	Both

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Believe and Achieve Daily Workout - Wellness Challenge	Set a positive intention for the day and complete the workout the corresponds with each letter in your intention. This daily workout challenge will not only guide you to be more physically active with a daily exercise, but it will also help you practice mindfulness to boost your positivity. You will select a daily one-word positive affirmation and complete a series of exercises that correspond with the letters in that intention.	Both
Benefits of Stretching Seminar	What is stretching and why is it so important to one's health? Participants will learn how stretching improves posture, reduces aches and pains, and decreases risk of injury. They will learn practical recommendations on how to add stretching into their daily routines. The presentation also provides viewers with sample stretches to do at work and home.	Both
Body Mindfulness Seminar	Mindfulness applied to body posture and mechanics can help promote proper movement, safety, and long-term health and well-being. Learn to be more mindful of proper postures and daily movement patterns to stay focused and safe at work and at home.	Both
Components of Fitness Seminar	This presentation provides an overview of a complete fitness plan which includes cardiovascular and muscular endurance, muscular strength, flexibility, and balance.	Both

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Couch to 5K - Wellness Challenge	Employees complete any walking or running event of their choice, including a 5K, 10K, and half or full marathon. Events can be an organized race or a completed activity tracked individually by the participant. Employees of all fitness levels are welcome.	Both
EX30 Physical Activity - Wellness Challenge	With EX30, employees can choose the type of exercise activity they are most interested in and that will benefit them most. Employees will receive a 30 day calendar and exercise guide to follow throughout the challenge. The 30 day calendar has built in rest days, and each exercise guide contains beginner, intermediate, and advanced exercise options to challenge employees of all fitness levels.	Both
Happy Feet Seminar	Many people suffer from foot issues, but there are ways that you can care for your foot health. Participants will learn about the foot anatomy, common injuries, and how to find the right shoe that fits.	Both
Mindful Posture Seminar	Participants will learn how bad posture contributes to neck and back pain, as well as practical recommendations for how to use better posture when standing, sitting, talking on the phone, carrying weighted objects, and sleeping.	Both

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Overcoming Barriers to Exercise Seminar	Learn to overcome the most common challenges to sticking with an exercise routine. Your Wellness Coach will dive into the health benefits of exercise, make recommendations for physical activity depending upon your stage of readiness, and provide tips to common barriers to exercise. You will explore how time, travel, family and motivation can make an impact on your exercise habits.	Both
Save your Knees Seminar	Learn about common knee injuries and osteoarthritis. Learn how to prevent injuries to the knee from occurring and what exercises are good for prevention.	Both
Stretch & Flex	Pre-shift or department meeting stretches to improve flexibility, body mindfulness, and injury prevention.	Both
Strive to Move Seminar	Take time to move, set S.M.A.R.T. goals for physical activity, and learn how to stretch before and after activities.	Both
Be Nourished		

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Advanced Weight Management Series	This 10-week group program provides weekly in-person or virtual hour-long sessions filled with the latest research around weight management and facilitated support between participants wanting to achieve a healthy weight. Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, The Truth Behind Fad Diets, Healthy Weight Behaviors, Metabolism Mystery vs Makeover, The Psychology of Eating, Curbing Nighttime Eating, Portion Sizes and Control, and Eating on the Go.	Both
CDC Diabetes Prevention Program (DPP)	The CDC-approved program for those with prediabetes meets virtually or in-person over the course of the year following the CDC curriculum to delay and reverse diabetes risk.	Both
Conquer Your Cravings Seminar	Do you feel like you struggle with your food cravings? You're not alone. Statistics show that food cravings are experienced by 90% of the population. Our Registered Dietitian will discuss the causes of cravings and the best solutions to control them.	Both

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Cooking Demonstration - Tasty Recipe	Participants will learn healthy cooking methods while observing a tasty recipe being prepared by the facilitator. At the end, a small sample of the prepared recipe is available for tasting. Recipes to choose from prior to the event include: Carrot Cake Overnight Oats, Pumpkin Soup, Squash and White Bean Sauté, Butternut Squash, or White Bean Chili, Simple Stir fry, Healthier Mac and Cheese, Burrito Bowl Meal Prep, Quick and Easy Energy Bites, Vegan Pad Thai, and Harvest Grain Bowl.	Both
Curbing Nighttime Eating Seminar	Participants will learn the causes and health impact of nighttime eating during this presentation. Tips and methods for controlling nighttime eating will be discussed in detail including metabolism, circadian rhythm and the impact on nutrition and health, and specific tips to reduce snacking at night.	Both
Decoding Food Labels Seminar	Do you ever struggle with making sense of food labels? Let us help you decode food labels and turn them from a mystery into a helpful tool.	Both

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Diabetes Nutrition Series	This ten-week group program provides weekly in-person or virtual hour-long sessions providing food and nutrition recommendations for those with diabetes. In addition to the expert input, participants interact to support one another on their health journey. Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, Sugar: The Good, The Bad, and The Needed, Carbs: Facts vs Fiction, Counting Carbohydrate Portions, The Truth Behind Fad Diets, Metabolism Mystery vs Makeover, The Psychology of Eating, and Dining Out with Diabetes.	Both
Eating For Chronic Disease Prevention Seminar	Did you know that 6 in 10 adults in the US have a chronic disease? Evidence shows that consuming a well-balanced diet that includes fruits, vegetables, whole grains and other anti-inflammatory foods plus teach you how to buy, properly store, and cook them so you can make them part of your routine!	Both
Eating for Heart Health Seminar	Your heart health is greatly impacted by what you eat. Let us help you discover foods you should enjoy more of and which you should enjoy in moderation to protect your heart.	Both

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Eating Nutritiously at Home Seminar	Do you find yourself mindlessly eating while stuck at home? Are you trying your best to use your will power but feel like you are “failing?” Join our Registered Dietitian to learn tips and strategies to stay healthy at home. Topics include food safety, mindless eating, stress management, and intuitive eating.	Both
Eating on the Go Seminar	Best practices and methods for incorporating healthy eating into a busy schedule are provided throughout this presentation. The overall importance of eating throughout the day to optimize metabolism will be highlighted along with specific ideas from each food group that can be used on the go for meals and snacks.	Both
Eating Well Seminar	Participants will learn the benefits of proper nutrition and the fundamentals of healthy eating. They will also receive practical recommendations for portion control, meal planning, and calorie consumption.	Both
Family Nutrition and Health Seminar	This presentation provides participants with strategies to keep the entire family healthy. Special attention is given to child health, including picky eating, weight issues, and eating disorders.	Both
Fueling for Fitness Seminar	Learn how nutrition plays an important role to fuel your body to perform exercise and to recover from exercise. Participants will learn about the role of hydration, protein, and strong performance foods.	Both

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Guide To Vitamins and Supplements Seminar	Supplements can be quite expensive and knowing which ones to take can be confusing and overwhelming. Are they truly necessary? Does the benefit outweigh the cost? A Registered Dietitian Nutritionist can help make sense of it all and determine which supplements are right for you.	Both
Happy New Year, Happy New Me Seminar	Tired of setting New Year goals that seem impossible to keep? A Registered Dietitian Nutritionist will teach you how to set realistic and effective goals that you can keep 365 days per year!	Both
Healthy Eating 101 Seminar	Knowing what to eat can be overwhelming! We are bombarded with fads, diets, and ever-changing nutrition messages from numerous sources. Come and learn how to distinguish nutrition fact from fad and discover what true healthy eating is all about.	Both
Healthy Weight Behaviors Seminar	Significant research exists identifying the most effective weight management methods. We will take a look at the outcomes and discuss practical ways to incorporate the methods into your routine.	Both

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Healthy Weight Series	This ten-week group program provides weekly in-person or virtual hour-long sessions filled with the latest research around weight management and facilitated support between participants wanting to achieve a healthy weight. Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, The Truth Behind Fad Diets, Healthy Weight Behaviors, Metabolism Mystery vs Makeover, The Psychology of Eating, Curbing Nighttime Eating, Portion Size and Control, and Eating on the Go.	Both
Love Your Gut Seminar	A Registered Dietitian will walk participants through understanding the correlation between nutrition and gut health. Prebiotics and Probiotic foods will be discussed.	Both
Meal Prep Strategies Seminar	Interested in meal prepping for you and your family, but don't know where to start? Starting with a review of your pantry, freezer, and fridge staples, a Registered Dietitian will walk participants through best practices for quick and easy meal prep.	Both
Metabolism Mystery vs Makeover Seminar	Do you eat healthy and exercise but still aren't reaching your weight goals? Do you feel tired all the time? Your metabolism plays a big role in your weight and energy levels. A Registered Dietitian Nutritionist will teach you how to eat to increase your metabolism and energy.	Both

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Navigating the Supermarket Seminar	The supermarket is packed with food options. A Registered Dietitian will guide you in becoming a savvy food shopper including how to shop the walls instead of the halls and where to find the healthiest foods from each food group.	Both
Nutrition Boot Camp Series	This ten-week group program provides weekly in-person or virtual hour-long nutrition education sessions focusing on nutrition basics including reading food labels, navigating the grocery store, mindful eating, and more! Weekly seminars include: Healthy Eating 101, Decoding Food Labels, Navigating the Supermarket, The Truth Behind Fad Diets, Metabolism Mystery vs Makeover, The Psychology of Eating, Eating for Heart Health, Sugar: The Good, The Bad, and The Needed, Guide To Vitamins and Supplements, Survival Skills for Holiday Eating	Both
Portion Sizes and Control Seminar	We will discuss portion sizes, portion control and how to determine the best portion sizes for you whether you are eating a meal, snack or treat. This presentation will go into the basics of healthy eating patterns, defined servings sizes of our main food groups, and how to apply that information to your food decisions.	Both
Self-Care Through Nutrition Sleep and More Seminar	Do you feel like there are not enough hours in the day? It's easy to get overwhelmed by our hectic lifestyles. Our Registered Dietitian will explain how stress effects the body and how we can improve our health through self-care strategies.	Both

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Successful Summer Eating Seminar	Come and learn about healthy summer recipes, tools to stick with your nutrition goals while on vacation, and other helpful summer tips to keep you feeling your best all summer long.	Both
Sugar: The Good, The Bad, And The Needed Seminar	A Registered Dietitian Nutritionist will help you identify and explain hidden forms of sugar, how to reduce the amount of added sugars you consume, and will explain which sugars to avoid.	Both
Survival Skills for Holiday Eating Seminar	Holidays are filled with celebrations and food. Let us help you master staying on track during the holidays while still enjoying yourself. You will leave with a clear plan on how to reach your health goals over the holidays.	Both
The Psychology of Eating Seminar	Do you feel like you have all the willpower in the world and still don't always stick with your plan? Let us provide you with tools and tricks to overcoming eating challenges. A Registered Dietitian Nutritionist will cover mindfulness, intuitive eating, and stress management.	Both
The Truth Behind Fad Diets Seminar	Want to lose weight but have trouble determining which diet actually works? Come learn from a Registered Dietitian Nutritionist the science and research behind current popular diets.	Both

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Women's Health Seminar	Women, like men, should enjoy a variety of healthful foods from all of the foods groups; however, women also have special nutrient needs, and during each stage of a woman's life, these needs change. A Registered Dietitian will walk you through them.	Both
Be Energized		
Banish Your Winter Blues Seminar	Participants will learn how to set SMART goals for staying active throughout the winter months, including ways to enjoy outdoor winter activities. They will also receive practical tips on staying safe during the winter/cold weather months as well as managing mental health and stress through mindfulness.	Both
Benefits of Kindness BINGO - Wellness Challenge	Taking care of yourself is an act of kindness. Research has shown that being kind to yourself and to others has abundant health benefits. Get 5 in a row on your BINGO card by completing kindness activities.	Both
Boost Your Immune System Seminar	Learn 8 ways to boost immunity through healthier habits. Your Wellness Coach will explore the components of health that can enhance the immune system. We will review and provide healthy tips for sleep, nutrition, exercise, weight control, hygiene, stress, tobacco use and alcohol use.	Both

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Managing Stress With Mindfulness Seminar	Participants will learn the basics regarding symptoms of stress and what triggers it. Then, they will learn practical strategies for using concepts of mindfulness to manage stress, and the difference between responding and reacting to stressful events.	Both
Mindful Breaks Seminar	A mindful break is a short period of time, as little as 30 seconds, allowing us to clear our minds and be aware of our body in the present moment. This supports proper body mechanics, prevents injury, and releases built up tension and stress. This presentation will help you to recognize when a mindful break is needed and offer suggestions on how to add daily mindful breaks to your life.	Both
Mindful Meditation and Deep Breathing Sessions	5-15 minutes guided meditation or breathing exercises for stress reduction and healthy relaxation.	Both
Optimizing Well-Being to Prevent Burnout Seminar	Burnout is real and impacts employees at all levels in an organization. It affects our physical and mental health, our ability to be present and focused, and our relationships at work and at home. We will discuss how to recognize burnout, what causes it, and how to resolve it. Engagement in life, work, and community is the key to prevention. We will share practical strategies to help individuals and leaders increase engagement and improve overall well-being.	Both

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Resiliency and Energy Balance Seminar	Participants will learn how to strengthen resiliency by managing emotions in response to challenges. The Energy Balance Worksheet will help you build resiliency by practicing energy-enhancing habits.	Both
Resiliency and Positive Habits for Success Seminar	Our Wellness Coach will help you explore the skills of resiliency to increase your energy and commit to healthier habits. We will define resiliency and navigate through how you can make the shift to feeling more energized on your journey to becoming healthier. We do this through an exploration of the power of habits, and how you can create and sustain habits for building your own resiliency and maximizing personal energy for success.	Both
Self-Care BINGO - Wellness Challenge	Practice self-care by completing the daily challenges on this BINGO card. Choose activities that enhance your mindfulness, positivity and social connections. You can also complete small physical activities and nutritional tasks to check off the BINGO squares. To further support you, opportunities to connect with your Wellness Coach round out the BINGO card as you work to get five in a row - earning as many BINGO's as you can!	Both

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Self-Care: Finding Balance for Better Well-being Seminar	During times of stress, we often neglect to take care of ourselves. Self-care is a key component for re-energizing the mind and body to recover from high stress and stay well. Our Wellness Coach will help you explore your self-care practices and develop a plan to promote better balance in your life. We will dive in deeper to consider the different components of your well-being when creating a plan. The three components covered for balanced self-care are physical, emotional, and mental.	Both
Sleep Deprivation Seminar	Learn about healthy sleep hygiene and the health risks of sleep deprivation. Your Wellness Coach will focus on addressing quality of sleep while reviewing sleep deprivation, pre-sleep habits, sleep environment and how nutrition and exercise can also affect sleep. Recommendations will be given for health sleep habits and a perfect night's rest!	Both

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Stress Less - Wellness Challenge	<p>This program is an opportunity to help employees strengthen their commitment to effective stress management for improved health and well-being. With this challenge, employees can develop an awareness of their current relationship to stress and set goals to develop more effective coping skills and self-care for better mental and emotional well-being. Throughout the challenge, employees will work with their Coach and follow self-guided stress management tools that help them create new healthy habits related to mindfulness and stress reduction.</p>	Both
Well-being Support Seminar Series	<p>Now, more than ever, we all need support to overcome stress and anxiety, improve our immune system through proper nutrition and self-care, and manage competing responsibilities with work and family care. Join our Wellness Coaches team to receive advice and support on managing and optimizing your health and well-being during this public health crisis. This well-being support focused series includes our offerings of Resiliency and Positive Habits for Success, Eating Nutritiously at Home, Self-Care: Finding Balance for Better Well-Being, and Optimize Immunity Through Nutrition.</p>	Both

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Worker Fatigue Seminar	Sleep helps restore depleted energy, repair muscles and tissues, and reorganize and store information during the day. Sleep deprivation can cause accidents, impaired motor functions, impaired productivity, and impaired health. This presentation provides information on sleep mechanics, sleep disorders, and other solutions for worker fatigue.	Both
Be Empowered		
Blood Pressure		Onsite only
Body Composition Analysis		Onsite only
Glucose		Onsite only
Osteoporosis		Onsite only
Hemoglobin A1C		Onsite only
Cotinine		Onsite only
PSA		Onsite only
Total Cholesterol (TC)	Cholesterol panels	Onsite only
TC and Glucose	Cholesterol panels	Onsite only
HDL	Cholesterol panels	Onsite only
TC and HDL	Cholesterol panels	Onsite only
TC, HDL and Glucose	Cholesterol panels	Onsite only
Lipid Profile	Cholesterol panels	Onsite only
Lipid Profile and Glucose	Cholesterol panels	Onsite only

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Package A	Finger stick/Venipuncture Lipid profile (TC, HDL, TC/HDL ratio, LDL, LDL/HDL ratio, Triglycerides) Glucose Blood Pressure (BP) & Pulse Body Mass Index (BMI) Measured Height & Weight, Waist Girth	Onsite only
Package B	Finger stick/Venipuncture Total Cholesterol; Glucose; BMI (self-reported Height & Weight); Blood Pressure	Onsite only
Package C	Venipuncture Comprehensive (full metabolic/CBC/thyroid/lipid profile) & BP	Onsite only
Package D	Finger Stick Lipid Profile (Total Cholesterol, HDL, LDL, TC/HDL ratio, Triglycerides)	Onsite only
Package E	Finger stick Lipid Profile, Glucose, BP	Onsite only
Package F	Finger Stick Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite only
Package G	Venipuncture Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite only

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Blood Sugar and Diabetes - What You Need to Know Seminar	This presentation helps to create awareness of the importance of having blood sugar tested regularly and how to interpret the results. Participants will learn what to look for, how the tests work, how to maintain a healthy blood sugar level, and how blood sugar tests can help to prevent certain diseases.	Both
Blood Pressure Seminar	This presentation highlights the importance of addressing the risks for high blood pressure. By sharing the importance of including regular checks as part of your preventive care routine and coaching on lifestyle changes, we can really help make a difference.	Both
Blue Zones Seminar	The Blue Zone Presentation shares experiences from David Beuttner as he traveled the world finding pockets of the population where people are living decades longer with less suffering from disease and disability. Participants will learn those lessons for living longer from those who are living the longest through healthier lifestyle behaviors. This presentation will also provide you a better outlook on your personal lifestyle behaviors as well as a worksheet to evaluate where you currently are with your health and direction to improve.	Both

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Body Composition Seminar	This presentation highlights the importance of addressing the risks for high blood pressure. By sharing the importance of including regular checks as part of your preventive care routine and coaching on lifestyle changes, we can really help make a difference.	Both
Bone Health Seminar	Osteoporosis affects more than 28 million Americans. One in two women and one in eight men over the age of 50 will develop osteoporosis.	Both
Building Healthy Habits Seminar	Thin bones are the cause of 1.5 million fractures a year. Bone density testing and eating foods that are known to aid bone health are some ways to improve your chances of avoiding bone fractures.	Both
Choose to Lose - Wellness Challenge	Employees work with their Coach to understand how to lose weight effectively by committing to regular physical activity, proper nutrition, improved sleep, and healthy stress management. Throughout the 10-week program, employees utilize a series of coaching tools with the Coach to help them identify the changes they can commit to in order to achieve a healthier weight.	Onsite only

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Fall into Winter - Wellness Challenge	This program is an opportunity for the Coach to help employees strengthen their commitment to healthy habits over the holiday season. During the Fall Into Winter Wellness Challenge, employees will work with their Coach to practice mindful eating and stress management and stay physically active. Employees will complete their Wellness Scorecard with the Coach and have a blood pressure and/or body composition assessment to help them monitor their health over the holidays. Each employee will also receive a Healthy Holidays BINGO Card as a fun way to stay on track!	Onsite only
Healthy Aging Seminar	This presentation reviews the factors and lifestyle choices that most impact our ability to remain healthy as we age. Participants will review the necessary age-appropriate preventive screenings, consider how the mind and social connection affects aging, as well as review the importance of physical activity, sleep, stress management, weight control and nutrition. In addition, there is a brief review of supplements and vitamins.	Both
Healthy Holidays Seminar	In this presentation, participants will learn how to enjoy holiday treats and traditions without the weight gain. They will learn how to make smart and balanced food choices, how to include more physical activity, and other tools while still maintaining their health.	Both

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Heart Health BINGO - Wellness Challenge	Support your heart health by participating in BINGO. Get 5 in a row by completing healthy heart habits.	Both
Heart Smart Seminar	Participants will learn about the heart and how it works, as well as discover the effects of heart disease and how it occurs. Most of the presentation focuses on how we can prevent heart disease and participants are challenged to consider their own lifestyle habits and how the information about heart disease is personally relevant.	Both
Holiday Program – Wellness Challenge	This program is designed to help employees strengthen their commitment to healthy habits throughout the holiday season. Employees will select one healthy activity to complete each day throughout the 12 day challenge. Activities fall into one of four categories including nutrition, fitness, mindfulness, and community. Participants are encouraged to select activities from all categories and record their accomplishments on the accompanied tracker cards.	Both
Hydration - Wellness Challenge	Aim to consume 64 oz. of water, at least 5 days per week. Color in or check off a water bottle for every 8 oz. of water consumed using the tracker on the back of this handout.	Both

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Hydration and Sun Safety Seminar	This presentation helps to create awareness of the importance of proper hydration and sun safety. It reviews the benefits of water and the consequences of dehydration and outlines the standards for sunscreen and general rules for being outside in hot temperatures. Participants will learn why hydration is crucial, sun safety and how to properly identify which sunscreens to use.	Both
Know Your Numbers - Wellness Challenge	This program is an opportunity to help employees develop an awareness of their current biometric numbers and health status. With this challenge, employees can understand their current health risks and work with the Wellness Coach to reduce their risks, manage current conditions, and improve their health and well-being. Employees are encouraged throughout the challenge to visit with their doctor to have annual preventive screenings and blood work.	Onsite only
Know Your Numbers Seminar	Participants will learn what the numbers and results from their physicals mean and how risk factors and reducing their risk is crucial to avoiding health complications. Explanation of each category of numbers and how to improve them with lifestyle behavior changes. Resources such as the wellness coach and any additional professional assistance is explained.	Both

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Maintain, Don't Gain - Wellness Challenge	The holiday season can be a busy, stressful time of year. This program is an opportunity to help employees focus on making healthy habits a priority before the start of the New Year. During the Maintain, Don't Gain holiday program, employees will commit to maintaining their weight within two pounds of their initial weight from November through January. With the help of their Wellness Coach, participants will navigate the challenges of the holiday season to prevent unwanted weight gain and the potential health risks associated with accruing holiday weight year over year.	Both
Navigating Change Seminar	This presentation will give an in-depth explanation of how each stage of change impacts emotions and action, what to do when road blocks happen, how to utilize external and internal motivation, and resources to navigate change most effectively.	Both
Six Pillars of Healthy Change Seminar	The Six Pillars of Healthy Change is an opportunity to consider where you are with your health and then explore where you may want to take your quality of life. Participants will learn how changes in certain key areas may impact health along with developing a plan for healthy change.	Both

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Stars and Strides Goal Setting - Wellness Challenge	This program is an opportunity for employees to focus on healthier habits for improved overall health and well-being using SMART Goal Setting. Employees learn to set small, manageable goals for big improvements in health. Throughout the 8-week program, employees set weekly goals related to any area of wellness they would like to work on that week.	Both
STEPS Tobacco Cessation Classes	The STEPS classes guide participants through the steps of 1) learning about tobacco and health, 2) increasing awareness of their personal relationship with tobacco, 3) devising a successful quit plan, and 4) achieving tobacco cessation. STEPS is a stage-based approach to meaningful habit change. Coaches are trained to assess readiness to make a behavior change and to then choose the appropriate program materials most relevant to the participant's current readiness to quit tobacco, nicotine, smoking, or vaping. Classes and 1-on-1 coaching sessions are appropriate to all stages of change and help participants make progress no matter what stage of readiness they may be in.	Both
The Key to Your Success is You Seminar	This presentation is about learning to overcome challenges by understanding key personality factors and how past successes will help shape future accomplishments. Participants will learn the path to success is within them and how to shape the environment around them for long-term success.	Both

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QuitNet Tobacco Cessation Program	Online tobacco cessation program with access to digital and video conference tobacco cessation coaching and self-guided tobacco cessation content and course.	Virtual only
Winter Safety Seminar	Participants will learn safety tips for driving, holiday decorating & other outdoor activities. The presentation will also cover practical tips and precautions to be aware of during the colder weather, as well as mindfulness tips for staying safe, warm & healthy through the winter months.	Both
Value-Added/Turnkey Services		
Wellness Fair/Wellness Day	Our Coach or Registered Dietitian will be available onsite to provide 4-8 hour day of wellness activities including: Health and well-being table display with educational materials, blood pressure and body composition screening, 1 wellness seminar from list of IBC approved seminars (30 minutes), 1 activity (15 minute stretch and flex or mindful meditation), and 1-on-1 appointments (10-15 minutes, full day option only).	Both
Engagement Challenge	Participate in personalized health content to understand current health risks and begin to explore ways to improve health. Earn points for engaging in the content. Leaderboard challenge.	Both
Social Community Challenge	Participate in health focused social community feed and earn points by posting, liking, and engaging with other social posts. Leaderboard challenge.	Both

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Steps Challenge	Participate in a steps leaderboard challenge. Sync wearable device and automatically populate steps to your profile and the challenge.	Both
SLEEP Challenge	Aim for a better night's sleep for improved mood, immune support, increased safety and healthy brain function.	Both
BURNOUT Prevention Challenge	Relieve stress, enhance mental wellbeing and invigorate your life by setting sail in a nautical adventure where you create the wind your sails need to power your adventure.	Both
SOCIAL Wellness Challenge	Participants improve social wellness to enhance relationships and social support	Both
RESILIENCE Challenge	Learn and practice behaviors, thoughts and actions to bounce back sooner when tough situations occur.	Both
Physical Activity Adventure Challenge	Draw on the excitement of adventuring out in nature and gathering ideas for planning real outdoor fun.	Both
Coloring Book	Emotional Well-Being Tool, 10x10" Gloss Cover 28 pages	
Gratitude Journal	Stress reducing journal - 5.5 x8.5", 128 pages	

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Group Coaching Sessions	Group coaching sessions are offered as wellness seminars, workshops, classes, or other group activities like walking, stretching, mindfulness, deep breathing, and meditation. You can choose from any of our available health and wellness presentations or activities, and your Wellness Coach will guide the group in exploration, awareness, and goal-setting to incorporate key learnings into individual healthy behavior change.	Both
Health Promotion Calendar	Well-Being Wall Calendar	
Healthy Perspectives Digest Newsletter	Four page customizable communication focused on all dimensions of well-being, delivered in electronic or printed on recycled paper.	

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Individual Coaching Sessions	<p>Service will be delivered by professional, highly trained coaches that will be embedded right in the workplace. Wellness Coach will go directly to employees, all of them, during regularly scheduled visits to, and rotating rounds throughout your locations to which they have been assigned. There, through frequent, ongoing and private personal, one-on-one, and face-to-face coaching interactions, Wellness Coach will coach employees, each in accordance with their own needs, through the stages of change to sustained improvement in lifestyle behaviors and safety risks. Topics discussed will include some combination of advice, counseling and coaching regarding; (1) wellness related lifestyle issues like nutrition and healthy eating, exercise, diet and weight loss, stress, blood pressure, smoking cessation, etc. and the chronic conditions such behaviors cause, (2) how to avoid, prevent, self-manage, and otherwise address the common musculoskeletal conditions or symptoms (work related or otherwise) that employees routinely suffer, but that so often impede their ability to perform their job and/or lead or progress to (or exacerbate) reportable injuries if not addressed, and (3) mindfulness as it relates to overall focus and awareness recognition and situational awareness.</p>	Both
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Mental Health First Aid Certification	Mental Health First Aid (MHFA) is a skills-based training sponsored by The National Council for Mental Wellbeing that teaches participants about mental health and substance use issues and how to assist and support people who are experiencing mental health challenges.	Both
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