

# Wellness Concepts

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

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

Serving clients nationwide.

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**Business certifications:** Women's Business Enterprise (WBE)

Program/Service Name	Description	Onsite only, Virtual only, or Both?
<b>Be Active</b>		
Gentle Restorative Yoga	Slow down after a long day and restore your body through gentle stretches. Restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing. Appropriate for all levels, this class does not involve a lot of movement... pure relaxation.	Both

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Guided Stretch	Whether you are in pain, have an injury, or would simply like to improve your flexibility or posture, this guided stretch is the perfect class! Participants learn practical stretches as selfcare routines to increase mobility, flexibility, and counteract chronic pain caused by repetitive use syndromes.	Both
Power Sculpt Yoga	Build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. This is a flow-based class accessible to all levels of experience. We will guide you through a flow from pose to pose, linking breath to movement.	Both
Vinyasa Yoga	The Eastern practice of yoga has become widely adopted by the West as more and more people are understanding its positive effects on stress reduction and well-being. In addition, the mind-body practice also offers wide-ranging physical health benefits that rival other forms of exercise, from reduced chronic and back pain to stronger bones and increased flexibility, among others.	Both
<b>Be Nourished</b>		

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<p><b>Cooking Classes (below)</b></p>	<p><b>Participants learn to cook seasonal foods healthfully. The program is conducted by a registered dietitian and includes nutrition education on the health benefits of the menu in conjunction with a live cooking demonstration. Menu selections are tailored to the preferences of the population. The demonstration includes three menu selections. If you are interested in an abridged cooking class, try a hybrid, which includes any seminar paired with one menu selection. Cooking classes are also available in an all-virtual format.</b></p>	
<p>BBQ Sides, Sauces &amp; Main Courses</p>	<p>Everything you need to know about barbecuing healthfully! Participants learn how to prepare healthy rubs, marinades, side salads and salsas. The program includes information on food safety and healthy meal planning tips for seasonal celebrations.</p>	<p>Both</p>
<p>Build-A-Better Breakfast</p>	<p>Learn how to ‘break the fast’ and make energy last! Participants learn about the benefits of starting your day off with a nutritious breakfast. Learn about the health benefits of cooking with healthy, satiating ingredients and building a heart-smart pantry to create healthy meals. Learn about the best and worst breakfast selections from cereals and breakfast sandwiches to antioxidant-rich smoothies!</p>	<p>Both</p>

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Comfort Foods Made Healthy	<p>The term ‘comfort food’ typically refers to traditional dishes made with butter, heavy creams, thick sauces, and processed ingredients. This cooking class aims to redefine what ‘comfort foods’ can be and introduce a new and healthier way of preparing mealtime favorites to be more nutrient-rich and beneficial to your health, without compromising on flavor! Attend this class and learn healthy new strategies and substitutions for your favorite dishes, and how to build a healthy pantry that will serve your new and improved cooking techniques.</p>	Both
Diabetically Delicious	<p>Cooking for yourself or someone else with diabetes doesn’t have to feel complicated or overwhelming. Learn about different types of carbohydrates, building a balanced meal, and smart swaps that encourage enjoying more without feeling like you have to say goodbye to your favorite foods. Learn how to create delicious low-carb meals everyone can enjoy.</p>	Both
Dig Into Dark Chocolate	<p>Learn more about one of Mother Nature’s most heart-healthy ingredients, cocoa! Seminar attendees will learn how this ancient ingredient can support one’s health and mood. Participants will also learn about different types of dark chocolate and what to look for on an ingredient label.</p>	Both

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Everyday Eats for Healthful Family Meal Planning	Participants learn how to prepare quick, easy meals for families of two or more. The program includes information on how to apply good nutrition to family lifestyles, recipes and menu planning activities.	Both
Get to Know Your Kitchen Gadgets	More cooking at home these days probably means you're looking to add some variety to your meals. Trying new recipes featuring popular kitchen gadgets cuts down on kitchen time and adds some excitement to your meal planning repertoire. Attend this session and learn how to prepare three healthy dishes using an instant pot, air fryer and high-power blender. Recipes included!	Both
Global Cuisine Made Healthy	Go Global healthfully! From Thailand to Italy, participants learn how to incorporate "best in health" attributes from a variety of countries while learning to make wise ingredient substitutions when needed! The program includes information about traditional cultural food favorites and their health benefits. Participants receive recipes, meal planning information, and tapas-style food samples!	Both
Gluten-Free Desserts	Participants learn how to cook fiber-rich grains at every meal. From breakfast foods to desserts, this informative class will help even the novice cook increase fiber and whole grains every day!	Both

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Have Your Cake and Eat It, Too: Healthy Desserts	Participants learn how to prepare guilt-free chocolate desserts and crunchy cookies. The program includes information on how to bake gluten-free and cut calories using simple substitutions.	Both
Healthy Happy Hour: Dips & Mocktails	Turn happy hour into Healthy Hour! Learn how to make mocktails to serve at your next cocktail party and pair them up with delightful dips. This session will feature alcohol-free drink recipes that emphasize flavor while cutting calories, along with healthy dips for smart snacking while you're chatting. In addition to the drink and dip recipes, we will explore various options for dipping and how to cut fruits and vegetables for crudite and garnishes.	Both
Make-ahead Breakfast	Don't make time an excuse for skipping breakfast. With just a little bit of prep work, you can have delicious breakfast options ready to grab and go in the morning on your way out the door or heading to your home office. Learn a variety of tips and tricks to create delicious and satisfying breakfast options ahead of time and make life easy during those busy work weeks.	Both
<b>Foodservice Programs</b>	<b>Foodservice programs maximize your cafe's potential to promote a holistic approach to worksite wellness. Our registered dietitians and wellness professionals work closely with foodservice managers and clients to develop interactive education programming where sound nutrition is made simple and engaging.</b>	

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Cooking Demonstration	Participants learn to cook seasonal foods healthfully. The program is conducted by a registered dietitian and includes nutrition education on the health benefits of the menu in conjunction with a live cooking demonstration. Menu selections are tailored to the preferences of the population. The demonstration includes three menu selections.	Both
Nutrition Analysis: Menu & Vending	A registered dietitian with a culinary background will provide detailed nutritional data on requested recipes, vending machines, and products. We will work directly with food vendors, restaurant managers and chefs to collect the appropriate data in order to provide the most accurate nutrition analysis available. ESHA Food Processor software is utilized. A detailed report will be provided.	Both
Nutrition Seminars	Nutrition Seminars are typically one (1) hour in duration, available on-site, or via webinar and conducted by a qualified professional that specializes in the specific subject matter. Seminars are interactive and designed to present an informative practical path to achieving optimal health. Healthy snack selections may be integrated into the seminar along with menu planning solutions.	Both
<b>Hybrid Cooking Classes</b>	<b>This program is composed of a 30-minute education seminar coupled with a quick, easy and fresh 15-minute food demonstration! The remaining 15 minutes are left over for taste testing and Q&amp;A.</b>	

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BBQ Well – Sides, Sauces & Main Courses	Everything you need to know about barbecuing healthfully! Participants learn how to prepare healthy rubs, marinades, side salads and salsas. The program includes information on food safety and healthy meal planning tips for seasonal celebrations. Featured Recipe & Samples: Black Bean Jicama Salad.	Onsite only
Building a Heart Smart Pantry	Participants learn how to prepare quick easy meals, healthfully! The program includes information on how to build a heart smart pantry to prepare quick, healthful meals in minutes! Recipes and meal planning information is included. Featured Recipe & Samples: Wheatberry Salad with Super Ingredients.	Onsite only
Dig into Dark Chocolate: Chocolate Health Benefits and Research	Learn more about one of Mother Nature’s most heart-healthy ingredients, cocoa! Seminar attendees will learn how this ancient ingredient can support one’s health and mood. Participants will also learn about the history of chocolate, its connection to heart health and what to look for on an ingredient label. Featured Recipe & Samples: Garbanzo Bean Chocolate Cake or Avocado Chocolate Truffles.	Onsite only

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Dining Solutions for the Holidays – Mocktails and Appetizers	Participants learn how to partake intelligently throughout the holidays! In this session, participants learn how to portion and slash calories from holiday party favorites, dine out healthfully and balance holiday stress with exercise and seasonal super foods. Featured Recipe & Samples: Seasonal Apple Salad.	Onsite only
Eating for Energy: Dips at Your Desk	Participants learn how to eat well to increase energy throughout the workday. The program includes information about lifestyle and health factors that influence energy and overall wellness, healthful snack solutions, portion control, and information on how to use the hunger scale for healthful snacking. Featured Recipe & Samples: Edamame Dip.	Onsite only
Eating for Wellness	Eat Well, Be Well! Participants learn about recommended foods for optimal nutritional intake, current science-based news on nutrient requirements and the best food sources for key nutrients. The program includes information on healthful cooking techniques. Featured Recipe & Samples: Pea Pesto Crostini.	Onsite only
Eat This, Not That	Participants learn about the best and worst choices from burgers to salads.... in fast food establishments to delis and cafeterias. The program includes information on weight loss tips and tricks and deciphering a variety of menu selections. Featured Recipe & Samples: White Bean Pesto Dip.	Onsite only

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Kitchen Skills 101	Looking to get into the kitchen and take more control over making your own meals, but don't know where to start? Let's get back to the basics in this kitchen skills class. Learn culinary terminology and skills that will boost your confidence in the kitchen. This hybrid class is a combination of lecture and live demonstration. Featured Recipe & Samples: Garlic & Herb Yogurt Dip with Crudite.	Onsite only
Mindful Eating	Participants learn about practical tools and strategies to change the way you look at food to easily make smarter, healthier, more mindful and enjoyable food choices. The program includes an interactive activity (how to eat a piece of chocolate) on eating mindfully. Featured Recipe & Samples: Bite Size Brownies.	Onsite only
Nutrition for Kids & Family Meal Planning	Participants learn about the problems associated with childhood obesity and how to plan for prevention. The program includes information on the USDA nutrient requirements for children and teens and how to apply good nutrition and healthy lifestyle strategies to improve overall wellness. The program includes information on how to build a heart smart pantry to prepare quick, healthful meals in minutes! Featured Recipe & Samples: Mango and Greek Yogurt Frozen Treat.	Onsite only

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Shake It Up! Antioxidants & Power Smoothies	Participants learn about the important role of antioxidants found in both food and supplements. The program includes information on the best sources of antioxidants, the nutritional benefits of consuming local and seasonal fruits and vegetables, facts about organic foods and tips to overall wellness. Featured Recipe & Samples: Mango Kale Superfood Smoothie.	Onsite only
<b>Nutrition Awareness Stations</b>	<b>Participating employees receive relevant nutrition information firsthand from a registered dietitian as well as recipes and a tasting of a healthy prepared food or recommended product. All programs include corresponding sample-it beverages or appetizers/snacks.</b>	
BBQ Well	Everything you need to know about barbecuing healthfully! Participants learn how to prepare healthy rubs, marinades, side salads and salsas. The program includes information on food safety and healthy meal planning tips for seasonal celebrations. Requirements: Six-foot table and one chair situated near an electrical outlet. Includes: Cookbook Raffle.	Onsite only

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Build a Healthy Brown Bag Lunch	<p>Participants learn how to build a whole foods and heart healthy pantry to create a week of healthy lunches. The program includes information on how to plan, cook and shop for quick, easy, healthful meals and snacks! Participants leave with a combination of healthy brown bag lunches that are quick, easy and above all healthy. Requirements: Six-foot table and one chair.</p> <p>Includes: Cookbook Raffle.</p>	Onsite only
Coffee Science and More!	<p>According to a recent study, Americans are drinking more coffee than ever, with 64% of people drinking a cup day! Participants learn about the potential health benefits and risks of consuming coffee, what the recommended amounts are, and the history behind this ever so popular beverage. The program includes an interactive display featuring various types of coffee and coffee beans, as well as recommendations on how to healthfully flavor your morning joe! Requirements: Six-foot table and one chair situated near an electrical outlet.</p> <p>Includes: Display of coffee beans for discussion and best condiments to dress up your drink.</p>	Onsite only

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<p>Dig into Dark Chocolate: Chocolate Health Benefits &amp; Research</p>	<p>Dig into the interesting facts about how this ancient ingredient can support one’s health and mood. Participants will learn about the history of chocolate and its link to heart health along with information on how much is enough, what type of dark chocolate is best and what to look for on a label. Requirements: Six-foot table and one chair. Featured Recipe &amp; Samples: Variety of dark chocolates.</p>	<p>Onsite only</p>
<p>Eating for Energy</p>	<p>Participants learn how to eat well to increase energy throughout the workday. The program includes information about lifestyle and health factors that influence energy and overall wellness, healthful snack solutions and information on how to use the hunger scale for maintaining energy throughout the day. Requirements: Six-foot table and one chair. Includes: Air Pop Popcorn Popper Raffle.</p>	<p>Onsite only</p>
<p>Eat This, Not That for Healthy Weight Management</p>	<p>Participants learn about the best and worst menu selections from soup to nuts! From saturated fat-laden burgers to sugary doughnuts and beverages, nutrition experts will highlight best and worst choices from local establishments, on-site cafeterias and vending machines. The program includes information on how to make healthier menu and snack selections, and comparisons of the actual sugar and fat content in our best vs. worst selections. Requirements: Six-foot table and one chair. Includes: Cookbook Raffle.</p>	<p>Onsite only</p>

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Eat Well, Build a Better Breakfast	<p>Participants learn about the best and worst breakfast selections from cereals and breakfast sandwiches to antioxidant-rich smoothies! Nutrition experts will highlight best and worst choices from local establishments, on site cafeterias and your home. The program includes information on how to make healthier menu selections every day and includes visuals of the actual sugar and fat content in our worst pick selections. A real eye opener to promote lifestyle change!</p> <p>Requirements: Six-foot table and one chair. Includes: Cookbook Raffle.</p>	Onsite only
Healthy Hydration	<p>Hydration - how much is enough and why is fluid replenishment so important? Learn about the function and health benefits of fluids. The program introduces a variety of beverages that provide good hydration without sugar and added calories. Recipes for homemade fruit, vegetable waters and iced herbal teas are included.</p> <p>Requirements: Six-foot table and one chair. Sample Item: Portable Smoothie Blender Raffle.</p>	Onsite only

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Serendipitea: Soothing Teas & Tisanes (Herbal Teas)	Participants learn about the health benefits and history of tisanes along with black and green teas. Both iced and hot tea samples are provided. The program includes nutrition information, historical tea-timeline and Q&A with a Registered Dietitian and Tea Specialist. Featuring specialty teas from around the globe. Requirement: Six-foot table and one chair situated near an electrical outlet. Includes: Tea samples.	Onsite only
Shake It Up!	Shake it up for optimal health! Participants learn about the benefits of super smoothies and how to prepare quick and healthy nutritious blends, from chocolate almond banana breakfast shakes to tropical fruit and gazpacho. Requirements: Six-foot table and one chair situated near an electrical outlet. Includes: Smoothie samples.	Onsite only
Strange & Healthy Foods	Have you heard of acai, kamut, mangosteen, or sunchokes? If you have not...join us on a food adventure! Many Americans have an adventurous spirit, but perhaps not always when it comes to food. People tend to eat what they know how to prepare, and they may be reluctant to invest in a new food if they're not sure if it tastes good. Attend this session and learn how to eat with adventure for good health! Requirements: Six-foot table and one chair. Includes: Cookbook Raffle prize.	Onsite only

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Supermarket Savvy	Participants learn about the best foods and food products for energy and wellness. The program includes information on recommended food products, the truth about trans fats and saturated fats, shopping lists and more. An interactive display of recommended products will be provided. Requirements: Six-foot table and one chair situated near an electrical outlet. Includes: \$25 Visa Gift Card for your next shopping trip.	Onsite only
<b>Nutrition Seminars/Webinars</b>	<b>Seminars are typically one-hour in duration and are conducted by a qualified professional that specializes in the specific subject matter. Includes PowerPoint and education materials;</b>	
Build a Heart Smart Pantry & Cook for Wellness	Participants learn how to prepare quick, easy meals, healthfully! The program includes information on how to build a heart smart pantry to prepare healthful meals in minutes! Recipes and meal planning information included.	Both
Detoxifying Your Diet: Eating for Optimal Health	Participants learn about sustainability and how our eating habits and lifestyle choices directly impact the environment. Topics for discussion include information on foods and carbon footprints, what you can do to reduce environmental impact through simple lifestyle changes, and science-based research on the benefits of organic produce and products.	Both

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Dig into Dark Chocolate	Learn more about one of Mother Nature's most heart-healthy ingredients, cocoa! Seminar attendees will learn how this ancient ingredient can support one's health and mood. Participants will also learn about the history of chocolate, its connection to heart health and what to look for on an ingredient label.	Both
Dining Solutions for a Healthy Holiday (winter or summer version available)	Participants learn how to slash fat and calories from holiday mealtime favorites, dine out healthfully, and balance holiday stress with exercise and seasonal superfoods.	Both
Eating for Energy	Participants learn how to eat well to increase energy throughout the workday. The program includes information about lifestyle and health factors that influence energy and overall wellness, healthful snack solutions, portion control, and information on how to use the hunger scale for healthful snacking.	Both
Eating for Wellness: Balance Your Plate with MyPlate	Eat Well, Be Well! Participants learn about recommended foods for optimal nutritional intake, current science-based news on nutrient requirements and the best food sources for key nutrients. The program includes information on healthful cooking techniques.	Both

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Eating on the Go	Learn how to eat healthfully on the go! In this program, participants learn healthy tips for making better decisions while on the go. Information includes how to make healthier fast-food choices, learning substitutions and modifications to 'lighten' something up, and how to snack more healthfully.	Both
Eat This, Not That for Healthy Weight Management	Participants learn about the best and worst choices at their favorite food establishments. In this highly interactive program, the dietitian will review menus from favorite local chains and make recommendations while engaging the audience in a Q&A style event.	Both
Goal Setting & Reaching Resolutions	This program includes information on the importance of making short- and long-term goals along with strategies on how to turn them into sustainable lifestyle changes. This seminar can be offered at the beginning of the year when many individuals have New Year's resolutions or throughout the year to address ongoing goals.	Both

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Go Global: Superfoods from Around the World	From Thailand to Italy, participants learn how to incorporate “best in health” attributes from a variety of countries. The program includes information about traditional cultural food favorites and their health benefits. Participants receive recipes and shopping lists to turn their home kitchen into a global destination....healthfully!	Both
Healthy Hygiene & Home Cooking	Keep your health front and center with Healthy Hygiene & Home Cooking. Participants learn best practices for healthy hygiene from meal prepping to sustainable and healthful cooking practices and meal planning. Topics to include meal prep 101, sanitation in the kitchen, to freeze or not to freeze and more!	Both
Immunity Boosters: Beat Colds & Flu with Super Foods	When Hippocrates coined the phrase “Let food be thy medicine,” he was well aware of the power of foods to foster health. This lecture focuses on omega-3 fats, antioxidants, flavonoids, phytonutrients and fiber – the superpowers in foods that support your immune system.	Both

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Intermittent Fasting	A weight loss approach that limits when you eat instead of what you eat may seem too simple to be effective. This session reviews what Intermittent Fasting is and the potential health benefits of following a fasting lifestyle. There will be a review of the different approaches to Intermittent Fasting, healthy eating guidelines to follow while fasting and how to safely and effectively get started with Intermittent Fasting.	Both
Kitchen Skills 101	Looking to get into the kitchen and take more control over making your own meals, but don't know where to start? Let's get back to the basics in this kitchen skills class. Learn culinary terminology and skills that will boost your confidence in the kitchen. This hybrid class is a combination of lecture and live demonstration.	Both
Master Meal Planning	Meal planning is a key strategy that saves us calories, money, and time. But meal planning can also feel like a complicated and overwhelming task. Learn key time-saving strategies to streamline your approach to meal planning that will set you and your family up for success each and every week. Meal planning has never felt so simple or approachable!	Both

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Metabolism Makeovers for Wellness & Weight Loss	Participants learn how to eat well and increase their metabolism for long-term weight loss and improved wellness. The program includes information on lifestyle and health factors that influence metabolism, healthful snacks and the truth behind the latest nutrition myths.	Both
Mindful Eating: Vitamin M!	Gain a clearer understanding of the psychology, biology and emotions that determine eating habits. Participants learn about practical tools and strategies to change the way you look at food to easily make smarter, healthier, more mindful and enjoyable food choices. The program includes an interactive activity (how to eat a piece of chocolate) on eating mindfully.	Both
Nutrition for Kids & Family Meal Planning	Participants learn about the problems associated with childhood obesity and how to plan for prevention. The program includes information on the USDA nutrient requirements for children and teens and how to apply good nutrition and healthy lifestyle strategies to improve overall wellness.	Both
Salt & Sugar: What You Need to Know	Participants learn about the different forms of sodium and sugar, where they are hidden and how they affect overall health. The program includes information on the Recommended Dietary Allowance for sodium and sugar along with product and menu information on best and worst choices.	Both

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Strategies for Healthy Living	Participants learn how to optimize overall wellness. Topics for discussion include eating well, shopping mindfully, the benefits of regular exercise, techniques to manage stress and simple living strategies to lessen our impact on the environment.	Both
Stretching Your Pantry: Beans & Beyond	In the session, participants will learn strategies for maximizing efficiency when it comes to meal planning, grocery shopping, and cooking, with an emphasis on using pantry, fridge, and freezer staple items.	Both
Supermarket Savvy	There's something for everyone in this "tour" through the supermarket! Participants learn about the best foods and food products for energy, satiety and optimal wellness. The program includes information on recommended foods and products from farro and coconut oil to fermented foods. Includes an interactive label reading activity.	Both
The Mediterranean Diet	Participants learn about the many health benefits of the Mediterranean diet and lifestyle. The program includes the science behind the diet plan, super foods from the region and how to build a heart-smart Mediterranean pantry to prepare healthful meals in minutes.	Both

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The Power of the Plant-based Diet	This program is not about turning participants into vegetarians but educating them about the powers in plants: fiber, antioxidants and phytochemicals to name a few. Participants will learn how these substances work, the best food sources, how much they need to consume to experience benefits as well as creative ways to build them into an otherwise carnivorous lifestyle.	Both
To Have or Not to Have Caffeine? That is the Question	From matcha and green tea, to coffee and energy drinks, caffeine is one of most widely consumed natural stimulants in the world. However, many people still question its safety. In this program, participants learn about different sources of caffeine, how much is too much, possible side effects and more!	Both
Wellness Trends: Stay Current	Each year, new trends and fads come out claiming to provide incredible nutrition and fitness related results. This program discusses the newest health trends and sheds light on what works and what doesn't, from GMOs and functional fitness to genetics.	Both
<b>Be Energized</b>		
Anxiety During Unprecedented Times	In this time of stress and uncertainty, many people are feeling more anxious. Some are experiencing anxiety for the first time, and others have seen their anxiety increase. In this session we will discuss the symptoms and effects of anxiety, and highlight ways to address and manage it.	Virtual only

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Balance & Boundaries	<p>It's time to take action on establishing Work/Life balance. With many changes that have taken place personally, professionally, and globally, new foundations need to be established. The pandemic transformed working life, creating a "new normal." With many changes happening at once, becoming a master of your time and energy is THE way to success at work and at home.</p> <p>Knowing how to focus on the right things at the right time is everything. Join us as we establish balance and boundaries in your daily life.</p>	Virtual only
Beyond Sleep Hygiene: Best Sleep Practices	<p>What is Sleep Hygiene anyway? We know what to do to regulate our bed and wake times, but can we just jump into bed and fall asleep after seeing that exciting new movie, or responding to an emotionally charged email? For most, the answer is no. Sleep hygiene practices prepare us for a good night's rest. This webinar discusses best practices to improve your sleep.</p>	Virtual only
Complimentary & Alternative Health Care	<p>Attend this session and learn how Complementary and Alternative Medicine (CAM) can support you on your well-being journey in conjunction with standard for review and discussion include information, definitions, and credentials required by Practitioners of various types of CAM. Learn about Acupuncture, Ayurveda, Chiropractic, Homeopathic, Naturopathic, Osteopathic and Traditional Chinese Medicine.</p>	Both

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Depression During Challenging Times	Many people are feeling down and depressed during this difficult time. Stressful situations like this can exacerbate preexisting mental health conditions and trigger them. Join us to identify the signs and symptoms of depression, recognize the stressors, highlight ways to address depression, and learn when and how to seek professional help.	Virtual only
De-stress at Your Desk	From lower back pain to swollen feet, there are many possible physical and mental effects of sitting at a desk for prolonged periods of time. This interactive class teaches participants easy stretches and movements in conjunction with breath work to relieve areas of contraction and reduce overall stress; leaving participants relaxed and ready for their next challenge at their desk!	Both
Extinguishing Burnout	Burnout isn't a buzzword. In fact, burnout is becoming more commonplace than ever among individuals. While burnout is not considered a medical diagnosis, it is the result of ongoing emotional, physical, and mental stress. If not acknowledged or addressed, burnout can impact physical and mental health. Learn how to identify burnout and strategies for managing burnout by taking a mindfulness-based approach towards well-being.	Both

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Food & Mood: You Are What You Eat Inside & Out	What we eat and when we eat it impacts our mood and stress level. The program includes information on foods that may trigger stress and strategies to enhance your mood through food.	Both
Guided Meditation	In this interactive class, allow yourself to arrive in the present moment with guided meditation. Experience one of the best tools to balance emotions, deal with physical and psychological distress and promote inner peace.	Both
Habit Management for a Healthy You	Do you have a bad habit you just can't seem to break? This session looks at common habits people would like to change including smoking, vaping, substance abuse or any habit that causes a negative impact on health. Changing habits will be addressed using the Stages of Change model as a catalyst to understanding awareness of habit, readiness to change, and how to take action with sustainable results.	Both
Home Schooling & Work Balance	Many of you have unexpectedly found yourself homeschooling your kids while working from home. You may be feeling nervous and overwhelmed about how to do this well. Attend this session and learn how to navigate this road with confidence and joy. Learn about redefining your role in your child's education, getting the important things done in your work and with your children along with helpful resources and tools to move out of doubt and overwhelm and into confidence.	Virtual only

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Insomnia Diagnosis & Management	Insomnia is one of the most common sleep complaints. That's because there are a multitude of factors that can lead to poor and restless sleep. Learn how to assess if you are getting quality sleep, what can potentially be causing insomnia, and how to best manage insomnia to get a good night's sleep.	Virtual only
Isolation & Loneliness	During this unprecedented time, more people than ever before are feeling the effects of loneliness. In this session, we will discuss the psychological and physiological impacts of social distancing and isolation. Participants will walk away with ideas and techniques for maintaining and strengthening their physical and mental well-being.	Virtual only
Luminate Your Brain Through Optimal Nutrition	Experiencing a decline in mental function can significantly impact your quality of life. This lecture provides participants with the latest information on the mechanism behind brain health and the foods that feed your body, fuel your brain and maximize your cognitive health.	Both
Manage Your Stress for Optimal Living	Stress can affect our lives in many ways: eating patterns, digestion, mood, sleep patterns, energy level and immunity to disease. Participants learn about the various types of stress, how to manage it, and how to restore their body's sense of balance.	Both

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Meditation 101	An interactive lecture to cultivate peace – amidst everyday chaos! Participants learn easy ways to balance their energy, clear their minds and optimize their overall state of being using a combination of breath, attention-focusing, and mind-clearing techniques.	Both
Menopause & Sleep	Changes in your body causing changes in your sleep? In this guide to surviving sleep loss during menopause, learn the basics of sleep, what can lead to poor sleep in adults, how specific hormones can influence sleep, and how to best manage sleep disturbances.	Virtual only
Mindfulness	Live in the moment! Mindfulness can bring clarity and calmness to every aspect of your life. In this session, we will explore simple mindfulness practices to begin your personal journey towards achieving balance.	Both
Mindfulness for Sleep and Stress Management	This session looks at the importance of sleep on our overall health and performance at work, how stress can negatively impact sleep, and how to manage stress to promote better sleep using mindfulness techniques.	Both
Mindfulness in Everyday Life	Learn how to utilize mindfulness and mindfulness techniques on a daily basis to create and change habits leading to a more positive and healthful lifestyle	Both
Mindfulness in Your Workspace	This session will explore how to incorporate more mindfulness practices into your workday, from physical workspace to work/life balance to	Both

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	mindful eating and movement throughout the day.	
Mindfulness-based Art	In this interactive presentation participants will gain tools and strategies for reducing stress, enhancing mindfulness, igniting creativity, and promoting an overall sense of calm and wellbeing. Bring a journal and your favorite pens or pencils - no art experience required!	Both
Navigating Family Relationships During Stressful Times	During this challenging time, many are experiencing stress in their relationships - with spouses, children, between siblings and other loved ones. This session will highlight the ways the pandemic has put unprecedented strain and pressure on families and resulted in an increase in conflicts for many. We will discuss how to manage during this difficult time highlighting strategies and ideas to help you and your family cope and even grow and thrive.	Virtual only
Parenting During Challenging Times	Working from home, children out of school? Parenting has never been more difficult for both parents and children. Join us as we discuss the difficulties in parenting during this challenging and uncertain time, and identify ways to help you keep afloat and maintain your emotional well-being and balance.	Virtual only

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Resiliency	Stress has a profound impact on virtually every aspect of our physical and emotional well-being. Fortunately, stress can be managed with simple shifts in awareness and perspective. Participants will learn coping mechanisms and techniques to manage stress to empower them to move through life's challenges with resiliency.	Both
Returning to "Normal" A Toolkit for a Successful Transition	We are beginning to return to work, school and our "regular" pre-Pandemic activities. While many of us are eager to get back to normal, we may also be feeling hesitancy, stress and anxiety about this shift. This program will discuss these issues and explore ways to set yourself up for a successful transition back to the new "normal."	Virtual only
Signs & Symptoms of Sleep Disorders	Sleep is an important time of the day to rest and recharge the body, but what if something is impairing our ability to get quality sleep? Learn about common sleep disorders, signs and symptoms related to these sleep disorders, and how to best manage and treat a sleep disorder.	Virtual only
Solutions for Stress Management	De-stress in the world around you. Learn some of the most effective tools to release anxiety and maintain a steady sense of peace during difficult times. Let us support you by helping you fill up your own stress survival kit to include guided practices to promote relaxation and a sense of calmness in minutes.	Both

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The Caregiver's Guide to Optimal Self-Health	<p>While acting as a caregiver to another is a profound a labor of love, it can also take a physical, mental and emotional toll on a person. When you focus all of your energy on the needs of other people, it is too easy to put your own needs on the back burner. This can result in serious mental, emotional and even physiological consequences. This session will help you identify some of the most common signs of caregiver burnout, create more awareness around your own energetic "reserves," and explore some of the most effective ways to replenish your energy through self-care so that you can feel nurtured and sustained in bringing your best self forward.</p>	Virtual only
The Power of Positivity	<p>Did you know 80% of our thoughts tend to be negative? Learn how to reset your mindset to take a more positive approach and outlook towards life. This session will explore the science and strategies behind becoming a more positive thinker and how to tame those negative thoughts when they start to creep into your mind.</p>	Virtual only
The Tools & Techniques That Foster Sleep	<p>How is your sleep these days? Are you able to add a little bit extra here or there? Is your sleep hygiene optimal? This webinar will discuss how to convert all these great ideas and sleep practices into repetitive behaviors until they become automatic habits.</p>	Virtual only

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Time Mastery	We are in a season of change, challenge and opportunity. It's a lot. Are you feeling overwhelmed? You're not alone. So many people are suffering from chronic overwhelm and exhaustion— this is a no-win game that's unhealthy, unnecessary and unsustainable. Attend this session and learn how to manage your time and amplify your results by doing less, eliminating energy drains and distractions and connecting with your true nature.	Virtual only
Understanding the Ins & Outs of Sleep	We spend about one-third of our lives asleep, but most of us don't really understand what sleeping is all about. Through this program, participants gain an understanding of what "normal" sleep is, the differences between REM and Non-REM sleep, and explore sleep need as an overall biological drive. The program explains how sleep changes across the lifespan, how much sleep each of us really needs, and what happens if we don't meet our biologically determined sleep need.	Virtual only
<b>Be Empowered</b>		
All About Antioxidants & Cancer Prevention	Participants learn about the important role of antioxidants found in both food and supplements. The program includes information on the best sources of antioxidants, the nutritional benefits of consuming local and seasonal fruits and vegetables, facts about organic foods, and tips to overall wellness.	Both

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Cholesterol Counts: Reducing Cholesterol through Good Nutrition	Prevent heart disease through diet and exercise. The program includes information on heart healthy cooking techniques, facts about fats, and exercise tips for busy lifestyles. Cholesterol numbers and triglycerides are explained and discussed. This program provides an excellent follow-up to cholesterol screenings.	Both
DASHing to Blood Pressure Reduction	Conclusive scientific medical studies have shown that the DASH Diet, in conjunction with low sodium intake, reduces blood pressure. A qualified registered dietitian will discuss the DASH Eating plan and provide information on low sodium foods to help manage high blood pressure.	Both
Diabetes & Your Diet	Diabetes affects millions of Americans and can be controlled - even reversed - through exercise and good nutrition. A Registered Dietitian will provide participants with easy-to-understand nutrition information and menu planning techniques to manage or prevent diabetes.	Both
Disease Prevention & Metabolic Syndrome: Are You at Risk?	Metabolic syndrome is a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels — that occur together, increasing your risk of heart disease, stroke, and diabetes. Participants learn how to manage or prevent these conditions to reduce overall health risks.	Both

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Financial Health: Over 50*	<p>In this program, participants learn how to determine if they can retire and, if so, when; how to define their retirement; how college-planning can impact their retirement; how to generate post-retirement cash flow; and how to maximize Social Security Benefits. Each attendee will receive a Financial Checklist in an effort to provide a starting point for self-assessment, and the session will focus on the solution.</p>	Virtual only
Financial Health: Under 50	<p>Learn about debt, cash flow, college planning, and more! In this program, participants gain an understanding about debt's impact on cash flow; when it is appropriate to take out a 401k loan; and saving for retirement. Each attendee will receive a Financial Checklist in an effort to provide a starting point for self-assessment; and the session will focus on the solution.</p>	Virtual only
Goal Setting and Reaching Resolutions	<p>This program includes information on the importance of making short- and long-term goals along with strategies on how to turn them into sustainable lifestyle changes. This seminar can be offered at the beginning of the year when many individuals have New Year's resolutions or throughout the year to address ongoing goals.</p>	Both

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Gut Health: What You Need to Know	Many individuals experience discomfort or pain after eating some of their favorite foods or have even been diagnosed with a variety of GI disorders. Attend this session and learn the secret formula to optimal GI health. This program is based on the FODMAP diet, an eating pattern that has helped many cope with poor GI health.	Both
Healthy APPetite: Apps & Tools to Manage Your Wellness Goals	In today's seemingly "virtual" world, there are numerous apps and tools that claim to be the answer to your weight management and health-related goals. Attend this session and learn the best from the experts!	Both
Inflammation Busters: The Key to Disease Prevention	In the past decade, research has shown that the process of inflammation is a central mechanism behind the progression of many different diseases including, but not limited to, heart disease and cancer. Participants will learn how specific fats and foods impact inflammation and how they can better balance their food choices to favor health.	Both

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Interpreting Your Biometric Numbers	Participants learn how to interpret personal screening numbers relating to BMI, Cholesterol, Triglycerides, Blood Pressure and Glucose. A registered dietitian will explain the importance of understanding biometric health numbers and provide lifestyle solutions (diet, exercise and stress) to manage or reverse a variety of related disease conditions. This program is recommended to directly follow a screening program.	Both
Maintaining Your Weight While Working from Home	Learn how to keep hunger and your weight under control while working from home through planning, mindfulness and movement.	Both
Managing Cash Flow & Debt	In this session we will review some of the steps to take to get a better handle on your cash flow and how to avoid some of the common pitfalls people make in managing their credit.	Both
Men's Guide to Optimal Health	Man up at each life stage! This session includes information on how to address biological changes during each life stage through optimal nutrition and healthy lifestyle habits.	Both

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Nutrition & Women's Health	Preventive medicine and good nutrition are becoming increasingly more important today as many women are living into their late 80s. Participants learn about their increased risk of chronic diseases such as osteoporosis, cancer, heart disease, macular degeneration, and cataracts as they age and how nutrition and lifestyle change can reduce the risk and at times, slow progression.	Both
Osteoporosis & Your Diet	A qualified registered dietitian educates program participants on the health benefits of calcium and the importance of incorporating calcium-rich foods into a healthy, balanced diet.	Both
Our Fight Against Breast Cancer	Participants learn about the risk factors that may cause the development of breast cancer and lifestyle strategies for prevention. The program includes science-based nutrition information on specific foods and nutrients that promote optimal health.	Both
Solutions for Heart Health	Participants learn how to improve heart health through good nutrition. Find out the best oils to use for optimal health, clear up confusion surrounding farmed fish and learn about an array of cholesterol lowering, heart healthy whole foods.	Both

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Seven Habits for Truly Effective Weight Management	This class teaches participants seven integral behaviors that correlate with long-term weight management. Whether you are challenged with losing weight or maintaining weight loss, this class isn't about promoting a magic bullet and overnight results as much as it is about identifying the real work required to lose weight healthfully.	Both
Sustainable Solution: Preserving Our Resources	Learn the importance of sustainability and influence on our environment and health. This session will provide information on agricultural practices, define the difference between sustainable and organic, and tips on reducing our carbon footprint. This session will provide information on how we can all do our part to promote more sustainability in our homes, from shopping to cooking to trash reduction.	Both
The Truth About Carbohydrates: Blood Sugar Basics	Confused about carbohydrates and your blood sugar? Participants learn how to decipher the many sources of carbohydrates and how they impact blood sugar levels and energy. Topics for discussion include information on how to spot a whole grain, facts about meal timing, meal planning tips, and snack facts for diabetics.	Both

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Women's Health: From Life Balance to Hormone Balance	Whether she is super mom, super executive or both, women are busy in today's world, and trying to do it all takes a toll on their health and well-being. Participants learn how to bring balance, health, and happiness back into their lives through mindfulness and optimal nutrition. The program covers key areas of women's health with a focus on hormonal imbalances, their effects on chronic and acute disease, and what can be done to prevent and manage such imbalances.	Both
<b>Biometric Screenings</b>		
Blood Pressure	Included with base panels	Onsite only
Body Composition Analysis	Included with base panels (BMI)	Onsite only
Glucose	Included with base panels	Onsite only
Hemoglobin A1C		Onsite only
Cotinine		Onsite only
PSA		Onsite only
Total Cholesterol (TC)		Onsite only
TC and Glucose		Onsite only
HDL		Onsite only
TC and HDL		Onsite only
TC, HDL, and Glucose		Onsite only
Lipid Profile		Onsite only
Lipid Profile and Glucose		Onsite only

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Package A	<b>Finger stick/Venipuncture</b> 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	<b>Finger stick/Venipuncture</b> Total Cholesterol; Glucose; BMI (self-reported Height & Weight); Blood Pressure	Onsite only
Package C	<b>Venipuncture Comprehensive</b> (full metabolic/CBC/thyroid/lipid profile) & BP	Onsite only
Package D	<b>Finger Stick</b> Lipid Profile (Total Cholesterol, HDL, LDL, TC/HDL ratio, Triglycerides)	Onsite only
Package E	<b>Finger stick</b> Lipid Profile, Glucose, BP	Onsite only
Package F	<b>Finger Stick</b> Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite only
Package G	<b>Venipuncture</b> Total Cholesterol/HDL and Glucose Blood Pressure & Heart Rate Height/weight/BMI & Waist circumference	Onsite only
Homocysteine add-on test		Onsite only
Vitamin D add-on test		Onsite only
Vitamin B-12/Folate add-on test		Onsite only
Testosterone add-on test		Onsite only
Estrogen add-on test		Onsite only

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Progesterone add-on test		Onsite only
Cortisol add-on test		Onsite only
ApoA-1/Apob add-on test		Onsite only
CA-125		Onsite only
hsCRP		Onsite only
TIBC		Onsite only
Offsite Lab		
Physician Screening Form		
Home Test Kit		
<b>Value-Added/Turnkey Services</b>		
General Health Coaching	A little support goes a long way! Provide a supportive environment and personalized coaching, conducted by certified health professionals, to help meet your employees where they are. Coaches will work with participants to understand their goals and areas of interest and tailor the conversation to those topics. Discussion topics may include: General Health Coaching, Physical Activity, Tobacco Cessation, and Stress Management.	Both

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Wellness Trivia: Play the Game!	<p>Have some laughs and learn as you test your health and wellness knowledge in an interactive online forum with your colleagues! Participants will attend a 15-minute education session on interesting (unknown, random and who knows what else) wellness facts followed by a group Trivia game. Participants will download the Trivia software in advance of the session and sign in to participate (accessible on all smartphones). All participants can be viewed on the leaderboard for some good, fun competition. First place wins a healthy cookbook! Serves up to 50 participants.</p>	Virtual only
Stress Busters Trivia: Play the Game!	<p>Trivia Fun! Learn as you test your knowledge on stress management, mindfulness and resiliency in an interactive, online forum with your colleagues! Participants will attend a 15-minute education session followed by a group Trivia game. Participants will download the Trivia software in advance of the session and sign in to participate (accessible on all smartphones). All participants can be viewed on the leaderboard for some good, fun competition. First place wins a healthy cookbook to help make family meal planning stress free! Serves up to 50 participants.</p>	Virtual only

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Care Packages	<p>Treat your employees and elevate engagement by offering a Wellness Concepts Care Package. Our Packages are curated, topic-specific gift boxes custom designed to support your company health and wellness initiative. They're the perfect addition to cooking demos and Virtual Health Fairs and make great new employee welcome boxes or Holiday gifts. We also have the ability to create custom branded boxes with your company or wellness program logo.* Choose from two thoughtfully selected boxes: The Healthy Eating Collection or The Mindfulness Collection</p>	
<b>Wellness Fair/Wellness Day</b>		
Ask a Registered Dietitian	<p>Got questions? Our experts have answers with no appointment needed. Simply stop by and ask our credentialed registered dietitians questions related to your personal health goals, healthy eating tips, or simply clearing up some of the confusion and debunking those nutrition myths. Requirements: Six-foot table and one chair. Includes: Education materials and resources.</p>	Both

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Behavior Change 101: Ready, Set, Change	When it comes to changing a behavior, it's important to understand where you currently are in your readiness to make change. Changing behavior will be addressed using the Stages of Change model as a tool to understanding awareness of current behavior, readiness to change, and how to take action with sustainable results. Requirements: Six-foot table and one chair. Includes: Education materials and resources.	Both
Body Fat Testing and Nutrition Counseling	Non-invasive body fat testing combined with personalized nutrition counseling provides participants with a comprehensive nutrition and exercise profile. Consultations take approximately ten (10) minutes. Requirements: Small table and two chairs. Includes: Education materials and resources.	Onsite only
Book Nook/Resource and Registration Table	The Book Nook serves as both a greeter and information station and is presented by a registered dietitian to promote and discuss credible wellness resources as well as cross-promote internal and external wellness-related events. Requirements: Six-foot table and one chair. Includes: Display items to serve as raffles and include five cookbooks, a veggie spiralizer, and Yonanas dessert maker.	Onsite only

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Chair Massage	<p>An effective antidote to workplace stress, a 15-minute, seated, clothed massage uses gentle manipulation to release tension and increase circulation. Pure relaxation!</p> <p>Requirements: Space for a large massage chair and five chairs for a waiting area. Includes: Scheduling tool and participant roster. Pre-scheduled sessions are 15 minutes in duration.</p>	Onsite only
Cooking Demonstrations	<p>Participants attend a live, flow format cooking demonstration delivered by a chef/ registered dietitian. The program includes nutrition education on the health benefits of the menu in conjunction with a live cooking demonstration.</p> <p>Requirements: Six-foot table and one chair near an electrical outlet. Includes: Education materials, recipes and two cookbook raffle prizes.</p>	Both
De-stress at Your Desk	<p>Aching necks? Sore wrists? From lower back pain to swollen feet, there are many possible physical side-effects of sitting at desks for prolonged periods of time. This station teaches event participants easy stretches and movements to relieve their most obvious areas of contraction and stress. Requirements: Six-foot table with twenty chairs. Includes: Education materials.</p>	Both

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<p>Dining Together: Building Healthy Habits</p>	<p>Food is one of the most defining forces in all societies. It brings people together and eating behavior is strongly influenced by social context. This interactive program incorporates the importance of healthy food habits both nutritionally and socially! Participants “dine together” and “build a healthy plate at a ‘set table’” with candles and more, using a variety of cut-out food models. The registered dietitian will discuss the science behind “Dining Together” and deconstruct a healthy meal using the plate method. Education information includes mindful eating, food as medicine through good nutrition, and the company a social meal provides. Requirements: Six-foot round table and ten chairs. Includes: Interactive activity, table display with food models.</p>	<p>Both</p>
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Know Your Numbers Trivia Game	<p>Know Your Numbers and be well from the inside out! Stop by this station and play the Know Your Numbers interactive game and learn all about it! The program includes information on understanding what your numbers mean and how to improve them through lifestyle factors. Additionally, information on healthful snacking for diabetes prevention and management will be included! This program pairs well with nutrition counseling and/or a biometric screening event.  Requirement: Six-foot table and one chair.  Includes: Interactive game and education materials with a cookbook raffle prize.</p>	Both
Meditation Corner	<p>Cultivate peace of mind in the moments when it really counts – amidst everyday chaos! Participants learn easy ways to balance their energy, clear their minds and optimize their overall state of being.  Requirements: Six-foot table with twenty chairs.  Includes: Education materials.</p>	Both

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Mindfulness Corner	<p>Mindfulness can bring a sense of calm, clarity and connectedness to every aspect of one's life while allowing individuals to feel more present. Participants are introduced to the concept of mindfulness and walk away with an understanding of how it can help them be fully present, aware of their actions and whereabouts, and not overly reactive or overwhelmed by what's going on around them. The program is conducted in flow format and includes and interactive mindful eating exercise (3-hour minimum). Requirements: Six-foot table and one chair. Includes: Raffle prize.</p>	Both
Reflexology	<p>A therapeutic method of relieving pain by stimulating predefined pressure points on the hands. Reflexology is thought to be effective in promoting good health, preventing illness, and relieving symptoms of stress and injury. Requirements: Six-foot table and two chairs. Includes: Scheduling tool and participant roster. Pre-scheduled sessions are 15 minutes in duration.</p>	Onsite only

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Wellness Jeopardy	Wellness Jeopardy provides a fun and interactive platform to promote topics such as healthy nutrition, benefit programs and more. WC provides a customized Jeopardy Board Game to engage participants and ensure they leave with information about healthy nutrition and more. Requirements: Six-foot table and one chair. Client to provide large, wall-mounted screen monitor or projector with large screen, connected to a laptop with USB drive capabilities. Includes: Jeopardy Board and cookbook to serve as a raffle item. Additional prizes available.	Both
Nutrition Awareness Stations	Participating employees receive relevant nutrition information firsthand from a registered dietitian as well as recipes and a raffle prize that is relevant to the station topic.	Both
Virtual Health Fair	Let's keep wellness front and center! With so many employees working remotely our virtual health fair is a scalable solution that provides an engaging and informative experience. The Strive Health Fair is a place where people can learn from our experts and engage together in an interactive forum. We love health fairs, they are like a party at work, bringing people together even if they are working remotely! Relax and enjoy	Virtual only
<b>Team Challenges</b>		

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30-Day Healthy Eating	Ready for a kitchen makeover and new healthy eating strategies? Get started today with 30 Days of Healthy Eating! We challenge you to challenge yourself and make healthful choices for 30 days. Our 30-Day Healthy Eating Challenge is guided by a registered dietitian and provides the tools and support required to eat healthfully and mindfully leading to improved overall health and well-being.	Virtual only
30-Day Healthy Holiday	Get started today with 30 Days of Healthy Eating during the Holiday Season! We challenge you to challenge yourself and make healthful choices for 30 days. Our 30-Day Healthy Holiday Challenge is guided by a registered dietitian and provides the tools and support required.	Virtual only
30-Day Mindfulness	Ready to discover how mindfulness practices can improve your overall health and wellbeing? Get started today on our 30-Day Mindfulness Challenge providing the tools and support required to develop the mindfulness skills you need to lead a mindful lifestyle, in the office and at home.	Virtual only

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30-Day Optimal Health	<p>30 days of life-changing strategies leading to your best health and habits. 30 Days to Optimal Health is a results-driven wellness model built on four key elements of disease prevention: nutrition, exercise, mindfulness, and stress management. Whether the goal is losing weight, lowering cholesterol, controlling diabetes, managing stress, or simply improving lifestyle, the 30 Days to Optimal Health program provides your employee population with a personal roadmap to success! Participants receive an interactive workbook and personalized wellness plan to get started on their path to optimal health. Classes meet virtually on a weekly basis, for one hour.</p>	Virtual only
30-Day Optimal Sleep	<p>It's time to make sleep a priority! Are you ready to take a key step toward optimal health? Increasing sleep is the single most vital (and painless) activity you can do to enhance overall well-being. You will find all areas of your life enhanced—from focus and concentration to improved productivity. The program is taught by an Integrative Sleep Medicine PhD and includes weekly raffle prizes and a grand prize to the participant with the greatest increase in total sleep time.</p>	Virtual only

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Eight or Twelve Week Walking Challenge	Eight or Twelve-week Walking & Activity Challenge that motivates participants to be physically active through rewards and social engagement. The program is compatible with multiple wearable fitness devices.	Virtual only
Six-Week Strive for Your Optimal Weight Challenge	Learn the strategies to lose weight and keep it off! Strive for Your Optimal Weight is a fun, interactive, evidence-based education program leading to sustainable weight loss. Participants attend a series of educational seminars (on-site or virtual), personalized nutrition coaching sessions and receive weekly touch points through our engagement portal to strive for weight loss. This program is conducted by a registered dietitian who will support your participants along the way.	Virtual only

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