



# Living Well Alliance™

*Wellness that Works*

**According to the Harvard School of Public Health, workplace-based wellness programs save employers money through both reduced health costs for their employers and reduced absenteeism. For every dollar spent on wellness programs, about \$3.27 is saved on medical costs and \$2.73 is saved in fewer absences.**

# Living Well Alliance™

## Programs and Services

### **Living Well Alliance Mission:**

To offer researched based health risk assessments and prevention programs for employees, community members and senior centers, tailored for the organization's needs. We can be your primary wellness program or supplement it with in person classes and live webinars, on-site biometric screenings, and support your health fairs with an interactive booth space and activity suggestions.

The Living Well Alliance aims to support your staff in living healthier lives.

### **Living Well Alliance responsibilities include:**

1. Deliver high quality wellness programs tailored to your organization's needs
2. Confirm location and setup requirements. Travel to site and arrive 30 minutes prior to event to set up media or screenings
3. Provide interactive classes and collect surveys from class participants after class that will be shared with organization for future planning
4. Create optional flyer for use in advertising programs arranged
5. Follow up at least a week prior to event to confirm event and items to bring
6. Likely offer raffle prize for attendees (as appropriate)
7. Send invoice after event for billing

### **Organization responsibilities include:**

1. Host event by sending out flyers and invitations to employees and provide LWA with parking instructions
2. Choose event topic or theme (as appropriate)
3. Secure room for event with proper supplies discussed
4. Confirm with LWA any changes leading up to event
5. Send reminder to employees as you see fit
6. Follow up with payment 30 days after invoice has been issued (as appropriate)

Please contact the Living Well Alliance team:  
1.855.550.8799  
[LivingWellAlliance@pacmed.org](mailto:LivingWellAlliance@pacmed.org)

## **Complimentary Programs**

### **Comprehensive Biometric Health Screening**

Performed by qualified health professionals, the screening includes **blood pressure, type 2 diabetes risk assessment, weight, and waist circumference and body mass index**. All our screens are confidential. Each screening takes about 15 minutes per participant. We found that the health screenings are paramount to the understanding of each participant's health risk factors.

- Results will be provided to each employee immediately following assessment. Employee will review and briefly discuss this data with a registered nurse or dietitian.
- Summary of the aggregate results will be provided to the coordinator if participation exceeds 20 participants. If you are a returning partner, we will compile and compare data from year to year as an additional tracking tool.
- Specific and individualized follow-up wellness programs and classes will be recommended based on the general trends of your employees. Solutions tied to results can lead to wellness successes.

### **Health Fair Exhibitor**

We will host a table at your company's health fair, providing health education materials tailored to your employees. We also will give visual nutrition demonstrations and have giveaways for your employees (as available). Benefits include creating awareness and educating participants about common health conditions and how to prevent them and providing medical services resources to get the care they need.

### **Wellness Program Consultation**

Our team is happy to meet with your wellness coordinator/team to discuss your current wellness program structure and offerings. We will offer expertise, insight and suggestions to improve your program to better support your employees' wellness goals and needs.

Please contact the Living Well Alliance team:  
1.855.550.8799  
[LivingWellAlliance@pacmed.org](mailto:LivingWellAlliance@pacmed.org)



## Fee-for-Service Programs

### Take a Break to Educate (TABTE) classes!

These classes will provide the most up to date, research based educational classes which focus on health promotion and disease prevention. All classes are taught on site by qualified health professionals who are experts in the community. **Try us out - One class is complimentary each year!**

- **Option 1: Singular TABTEs**.....**\$199/class**
  - Classes are in person for 45-60 minutes long
  - Encourage employee interaction and participation
  - **NEW!** Cooking classes on these subjects (with additional food costs)
- **Option 2: Class packages**.....**\$499/series**
  - Choose any 3 classes offered and scheduling them within one year
  - **SOS for stress (pre-made 3 class series):** Stress has been the most commonly reported health concern at our companies. In this three-part series, participants learn the physiological basis of stress, and nutritional, exercise, sleep and relaxation techniques for coping and to reduce strain.

### Webinars

- **Host a live webinar**.....**\$150/each**
  - Want to offer a class at a variety of locations? Host a live webinar with one of our professional staff! This can be added to the class package deal and can be any topic offered as a class.
- **Subscribe to LWA monthly webinars**.....**\$400/year**
  - With this subscription, employees can log in from their own computers to listen to a 30 minute wellness themed webinars by a health professional. All organizations subscribed will receive the complimentary recording to offer their community. Discounts on price if you book just one per quarter or one at a time.

### On-site nutrition counseling

- Our individualized nutrition-counseling program can help your staff reach their wellness goals. Counseling includes 3 visits per client to assist with achieving personalized health and fitness goals. More information upon request.....**\$200/hour or client**

**Additional Wellness Labs:** On-site labs are drawn by a trained and licensed professional. Additional tests are most beneficial when offered in conjunction with a screening event. Participants will be mailed their individual results and receive information about any abnormal labs. **Costs billed directly to company.**

**Available labs & vaccines include:**

- Lipid profile (total cholesterol, HDL, LDL, VLDL, triglycerides).....**\$35/person**
- Influenza Vaccine (Flu shot).....**\$35/person**
- Hg A1C (diabetes marker).....**\$15/person**

**Please contact the Living Well Alliance team:  
1.855.550.8799  
LivingWellAlliance@pacmed.org**