



Living Well Alliance™

Empowering Employee Health around Puget Sound



Living Well Alliance Mission

The mission of the Living Well Alliance (LWA) is **to offer research-based health risk assessments and preventive programs for employees and community members, tailored to each organization's needs.** LWA can be your primary wellness program, or a supplement to it, with in-person classes, live webinars and on-site biometric screenings, and as a vendor at your health fair, providing an interactive booth space and activity suggestions.

The Living Well Alliance aims to support your staff in living healthier lives, which also can benefit your bottom line.



What You Can Expect

The Living Well Alliance (LWA) offers consultations on your wellness program, as well as a range of complimentary and fee-based programs you can use to boost your employees' health and morale.

Free Program Consultations

LWA is happy to meet with your wellness coordinator/team to discuss your current wellness program's structure and offerings. We will offer expertise, insight and suggestions to improve your program to better support your employees' wellness goals and needs. If desired, we can supplement your current program with one of our complimentary or fee-for-service programs.



Complimentary Programs

Comprehensive Biometric Health Screening

Performed by qualified health professionals, the screening includes

blood pressure, type 2 diabetes risk assessment, weight, waist circumference and body mass index. All our screens are confidential and take about 15 minutes per participant in total. We find that 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 our 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 sharing information about medical services resources to get the care they need.

Fee-for-Service Programs

Take a Break to Educate (TABTE) Classes!

These on-site classes provide up-to-date, research-based education focused on health promotion and disease prevention. All classes are taught 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 and last 45-60 minutes.
 - Encourage employee interaction and participation.
 - Cooking classes on any subject. (Food cost is additional. Not available as annual free class.)
- **Option 2: Class packages**\$499/series
 - Choose any 3 classes offered and schedule them within one year.

Webinars

- **Host a live webinar**.....\$150/each
 - Want to offer a virtual wellness class at a variety of locations or just for the convenience of your busy staff? Request a live webinar on any topic or date you choose!
- **Subscribe for one year to 12 monthly webinars**.....\$500/year
 - With this subscription, employees can listen to a live 30-minute, wellness-themed webinar by a health professional each month. All organizations subscribed will receive the complimentary recording to provide to their community after the live broadcast. Prorated pricing available if you book just one per quarter or one at a time.

~See following pages for TABTE class and webinar topics~

Wellness Labs: On-site labs are drawn by a trained and licensed phlebotomist. 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 include:

- **Lipid profile (total cholesterol, HDL, LDL, VLDL, triglycerides)**.....\$35/person
- **Hg A1C (diabetes marker)**\$10/person



Shared Responsibilities

LWA partnerships are most successful when each party knows their role in advance.

Living Well Alliance responsibilities include:

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

Organization responsibilities include:

1. Choose event topic or theme (as appropriate).
2. Secure room for event with proper supplies and/or confidentiality.
3. Provide LWA with travel/parking/access instructions.
4. Send out internal flyers and invitations to employees.
5. Track and secure adequate attendance.
6. Confirm with LWA any changes leading up to event.
7. Send reminder to employees as you see fit.
8. Follow up with payment 30 days after invoice has been issued (as appropriate).

See the following page for a sample contract.